

Woman's Day

LIVE WELL EVERY DAY™

12 Ways to Make Money from Home



STRUGGLING TO LOSE WEIGHT?

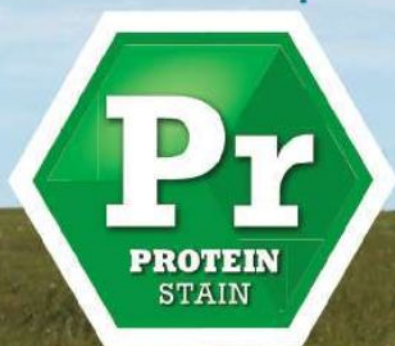
- Simple steps you can take
- Stories from real women
- Healthy family eating plan

YOUR HAPPIEST AGE IS NOW! p. 36

OCTOBER 1, 2010
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TYPE: Chocolate Milk
ORIGIN: Faulty fun straw



TYPE: Grass
ORIGIN: Intense tickle fight

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TYPE: Peanut Butter
ORIGIN: Big sister's sandwich



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well styled

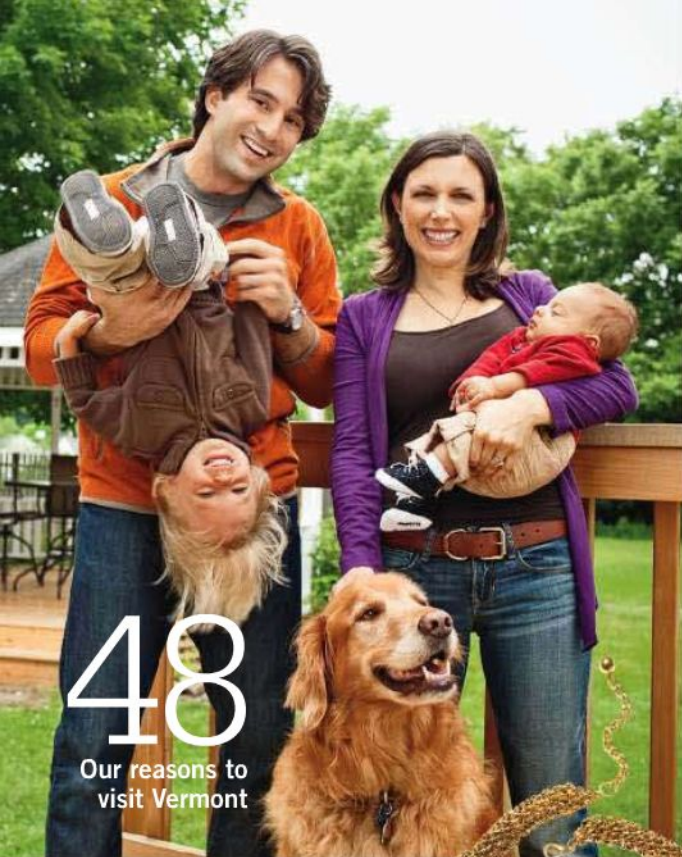
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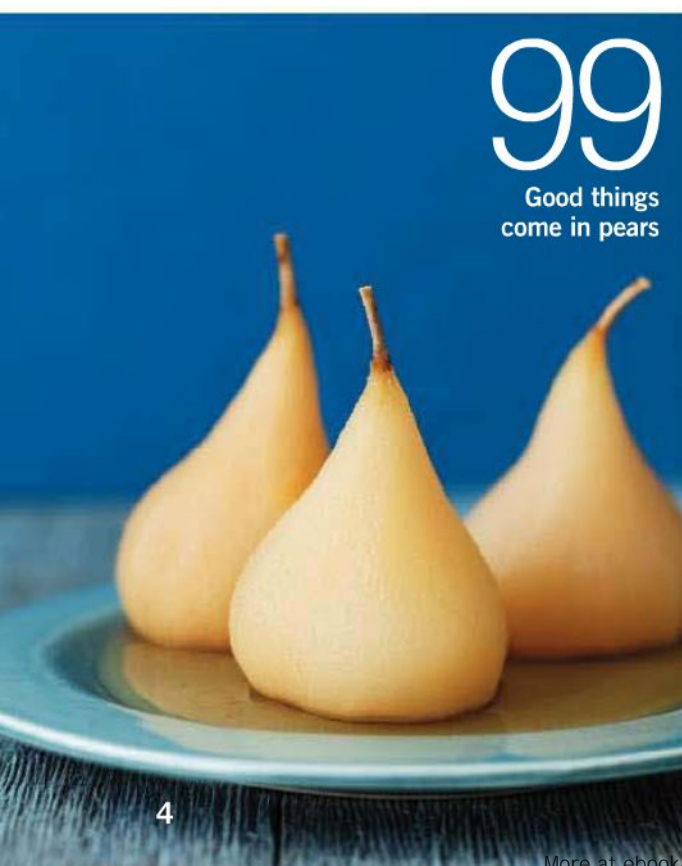
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Good things come in pears

"Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously." 2 Corinthians 9:6

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you've ever received?

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WomansDayMagazine](https://facebook.com/WomansDayMagazine)

"Take a break: The solution to a problem always
comes when you clear your head."

Ellen Breslau, Executive Editor

"Most people are motivated not by money or
perks but by recognition. Give people credit and
praise whenever you can."

Diane Oatis, Group Copy Director

"Don't be afraid to ask questions. You're not a
mind reader—speaking up early is the best way
to get something right."

Barbara Brody, Health Editor

"Make sure everything you do is open, honest,
thorough and valid. I follow this advice from my
college mentor, Professor Larry Litwin. It helps
me make decisions, especially when evaluating
beauty products."

Melissa Matthews, Beauty Editor

"Don't take it personally. It's easy to feel insulted
if a grouchy coworker snaps at you, but remember
it probably has nothing to do with you."

Ayn-Monique Klahre, Associate Home Design Editor

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What's the best
career advice you've
ever received?

"Always leave a job gracefully so
bridges aren't burned. You never know
who may turn up in your future."
Ginger Sutton, VP/Brand Publisher

"If you want something, you have to
ask for it. The worst that can happen is
that the person says no."
Jessica Clary, New York Brand Director

"Never ask someone to do something
that you aren't willing to do or haven't
done yourself, and always be willing to
take the time to explain."
Meagan Fouty, New York Brand Director

"Always do your best and never be
afraid to fail; that's when you learn the
most about yourself."
*Beth Ann Migliore, Creative
Director, Advertising*

"When you're considering
positions, look for a mentor
who will guide you and set
you up to succeed."
*Mary-Theresa Tringale,
Integrated Marketing Manager*



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all in a woman's day

by Elizabeth Mayhew, Editor-in-Chief



You're invited... to be in our pages!

Got a nightmarish closet that needs reorganizing? Want to revamp your wardrobe with figure-flattering clothes? Have a health question you need answered? Tell us about it. Consider this your personal invitation to tell us what needs fixing in your life and why. You might see yourself in an upcoming issue! You can email us at wdmakeovers@womansday.com

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shift the balance

I, like all the women in my family, have dieted most of my life. I wasn't born with a lucky metabolism and, to make matters worse, I like to eat. Although I may not be obese, my weight has always been a struggle, so when I read Hollie Johnson's essay "Try, Try Again" (page 81), in which she describes dieting as a "part-time job," I had an epiphany: I may be working full-time as an editor, but I moonlight every day as a dieter.

Dieting is indeed work; wouldn't it be great if we could get paid cash for doing it? But what we can earn instead is priceless—our health. Sadly, in America our health is in decline in large part because of our weight. More than two-thirds of us are overweight or obese and that number is growing every day. Why? Turn to page 78 to read our full report, "Crisis: Obesity in America." I think you'll find it as enlightening as I have, and if you do (or don't), I invite you to weigh in. Tell us what you think of the essays, the report and our exclusive WD/AOL survey at womansday.com or at facebook.com/womansdaymagazine.

Now that I think about it, it really *is* too bad we can't get paid for dieting. It would be a great way to kill two birds with one stone: We would be employed and healthy. As I write this, 14.6 million people are out of work. Americans need jobs, which is why we also focus much of this issue on work and how to find it. According to our money columnist, Mary Hunt, there are lots of ways you can earn extra cash from home ("Make Money Online," page 40). Turns out all you need is a computer, some free time and a skill or two, and you can start making money in no time.

If you're seeking a more substantial job, check out our Live Well News section, where we give you what you need to get started. We tell you where to look for jobs, as well as what to wear on an interview. For those of you who need to find a job but are worried about balancing work and family life, read "Works for Me!" (page 30) to find out how three women manage to do it all with the help of flexible work hours, job shares and telecommuting.

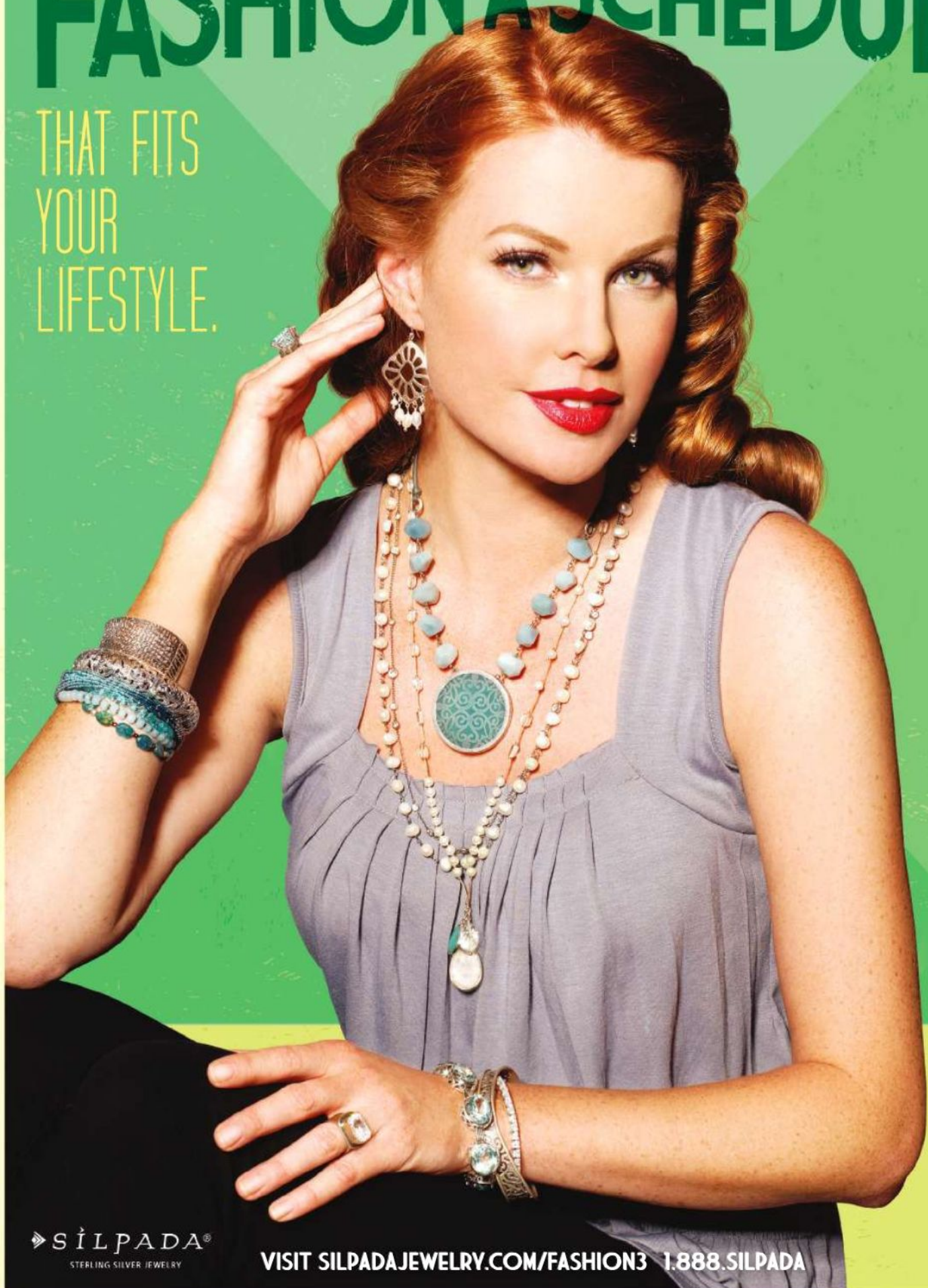
I'm sure you'd agree that these are sobering times in our country, and many of us are facing health and work challenges. My great hope is that something you read in this issue prompts you to eat healthier and exercise more or gives you the resources to find the work you need. It's time to shift the balance: jobs up, weight down!

ELIZABETH

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Your guide to getting ready for a September of ideas for living

S E P T E M B E R					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		1 Clear your calendar and save the date. The Martha Stewart Show premieres in 12 days.	2 Don't forget to enter to win the "Make the Move with Martha Sweepstakes" for a chance to win VIP tickets to see the show live in NY.	3 Invite friends over for brunch in 10 days to watch the season premiere of The Martha Stewart Show together.	4 9 days to The Martha Stewart Show
					5 8 days to The Martha Stewart Show
6 Find Hallmark Channel by visiting Hallmarkchannel.com/marthastewart .	7 Plan your viewing party for The Martha Stewart Show in 6 days.	8 Stock up on parchment paper and see what Martha's baking in 5 days.	9 A whole new season of ideas on The Martha Stewart Show starts in 4 days.	10 Gather a bouquet of gardening tips in just 3 days on The Martha Stewart Show.	11 2 days to inspiration from The Martha Stewart Show.
					12 1 day to incredible recipes you can use from The Martha Stewart Show.
13 The Martha Stewart Show Season Premiere Tune in today at 10a/9c on Hallmark Channel	14 Guess who is in the kitchen with Martha today?	15 Invite a friend over to watch the encore of The Martha Stewart Show in the afternoon.	16 Start thinking about your Halloween costume.	17 Enter for your last chance to win the "Make the Move with Martha Sweepstakes."	18 The "Make the Move with Martha Sweepstakes" closes today.
	<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	19 Enjoy the last Sunday of Summer.
20 Get easy ideas for dinner this week.	21 Planning a party? Get entertaining and creative ideas on The Martha Stewart Show.	22 Celebrate the first day of Fall with Martha.	23 Make your home more personal with ideas from The Martha Stewart Show.	24 Decide to make something.	25 Visit a farmers' market for inspiration.
<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	26 Enjoy a relaxing Sunday with friends or family.
27 Get inspired to start your week with The Martha Stewart Show.	28 See who Martha invites to the show today.	29 Get petkeeping tips from Martha and her team of experts.	30 Get creative Halloween decorating ideas on The Martha Stewart Show.		
<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>	<small>The Martha Stewart Show • 10a/9c</small>		

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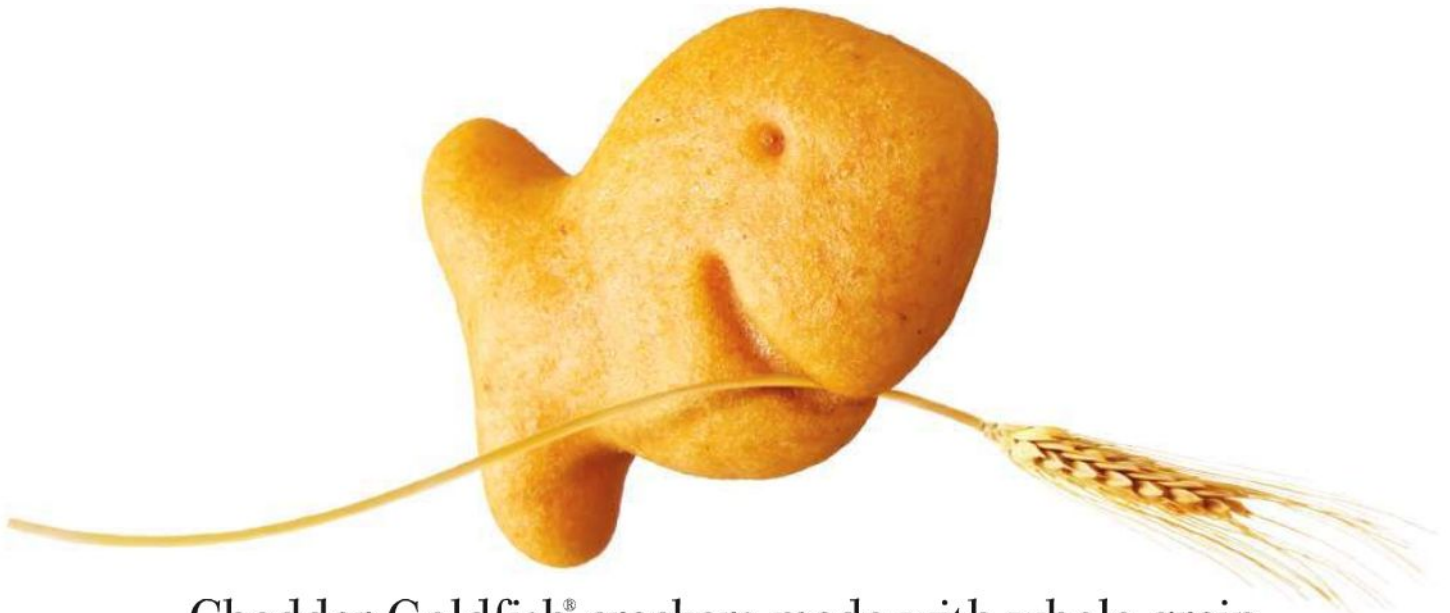
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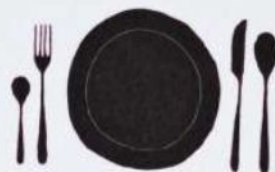
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SPECIAL
WORK
EDITION

CARD SMARTS

In a high-tech world of emailing and tweeting, there's still nothing like a good old business card to get your information into a potential employer's or contact's hands. "A card comes in handy at all sorts of events—like when you're introduced to a new group of friends or meet someone at a restaurant," says Kathryn Lowell, founder of Image Matters, a consulting group in Arkansas. "It allows you to continue the conversation." To find out how to design your own card like the one shown here, turn the page.

Refined Palate card in Cranberry and Black, \$34 for 100 cards; tinyprints.com. Slim Leather Business Card Case, \$30; graphicimage.com



CARD TRICKS

IMAGE CONSULTANT KATHRYN LOWELL EXPLAINS HOW TO STACK THE DECK WHEN ORDERING YOUR CARDS.

WHAT TO CHOOSE If you're in a creative field (a caterer, an art teacher, a gardener), select a card with a graphic design that shows off your personality (see example, *top left*); your contact information can go on the back of the card if necessary. Otherwise, opt for light-colored sturdy paper stock and easy-to-read sans serif fonts like Verdana, Tahoma or Arial in navy blue or black (see example, *bottom left*).

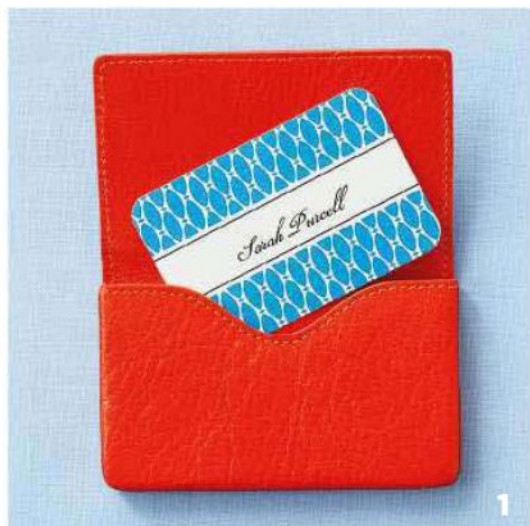
WHAT TO INCLUDE ON IT

- A maximum of two industry-relevant degrees (such as RD or RN) after your name. Don't include a job title unless you have a specific skill that narrows your profession (like chef or accountant).
- A link to an online portfolio or profile, like on **LinkedIn.com**, if you wish. Just be sure the profile is professional and free of typos.
- Your mobile number, if there's a chance your children will answer your home phone. Make sure your voicemail message is work-appropriate.
- Your email address. It should include your name but no cutesy adjectives (chances are, *AwesomeAnne@gmail.com* won't get the nod for a job).

HOW TO PRESENT IT Pull cards from a tasteful cardholder and hand them only to those individuals you plan to follow up with within a week, since people have short attention spans. When you do reach out, refer to your conversation in some way; try recommending a restaurant or sending a link to an interesting article. *Ayn-Monique Klahre*

1 ARTIST AT WORK Turquoise Ivory Pattern Personal Business Card, \$45 for 100 cards; **cardstore.com**. Hard Business Card Case in Goatskin Leather, \$42; **graphicimage.com**

2 BUSINESS STANDARD Classic Business Card on Plain White Stock, \$16.95 for 100 cards; **zazzle.com**. Hard Business Card Case in Goatskin Leather, \$42; **graphicimage.com**



[3 WAYS TO]

wake up at work ENERGY BOOSTERS FOR THE 4 P.M. SLUMP

- 1 Do chair twists.** Stretching increases blood flow to muscles and helps you feel more alert, says Leigh Crews, certified trainer and spokeswoman for the American Council on Exercise. To do this at your desk: Sit up straight, lengthen your spine, twist to the left and hold on to the back of your chair for 10 seconds before switching sides.
- 2 Pick peppermint.** Chew a stick of gum, eat a hard candy or sip some tea. The scent is invigorating and provides an instant boost, says Aimee Raupp, MS, licensed acupuncturist and author of *Chill Out and Get Healthy*.
- 3 Take a breath (or four).** Stop whatever you're doing, roll your shoulders back, open your chest and take four deep breaths, suggests Woodson Merrell, MD, author of *Power Up*. This helps you relax, refocus and refresh your mind and body so you can return to that monthly sales report energized. *Abigail L. Cuffey*

SLEEPING ON THE JOB In a survey by the National Sleep Foundation, 34 percent of people said their employer allows them to take naps during breaks. Sixteen percent even said their companies provide a spot for the snooze.

job search sites worth a surf

USAJOBS.gov On this federal government hub, browse positions by state, agency or occupation, from public health to education, and apply online.

LinkUp.com Once a day, this aggregator site trolls over 20,000 corporate sites and posts those jobs—which may not be advertised elsewhere.

RealMatch.com Set up a profile, list your skills, and the site ranks you against the needs of thousands of employers. When there's a match, you both receive an email. *Crystal Tate*

Getting back into the job market? Go to **womansday.com/resume** for resume blunders to avoid.

**IF YOUR CARD HAS AN
ANNUAL FEE, GET RID OF IT.**

**IF IT COMES WITH A REWARD
REDEMPTION FEE, CUT IT UP.**

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Jean Chatzky Leather Bag, \$159;

franklinplanner.com

drop earrings

Blue Quartz Earrings, \$24;

wearmint.com

shift dress

Merona for Target Marcella Dress in Black and Blue, \$39.99;

target.com

sophisticated heels

Canvas Heels, \$89.50;

landsendcanvas.com

statement watch

Dress Bracelet, \$65;

timex.com

where the jobs are

IF YOU'RE THINKING OF REENTERING THE WORKFORCE, CONSIDER ONE OF THESE GROWING CAREER FIELDS

HEALTH CARE A recent survey by Manpower, an employment services firm, found that nurses, technicians and doctors make up three of the top 10 U.S. jobs in demand this year (the others: skilled tradespeople, sales reps, drivers, restaurant and hotel staff, managers, engineers and customer service reps). And the U.S. Department of Labor reports that the home health aide field, which requires only short-term training, will grow 50 percent by 2018. For more information, read the Health Care Careers Directory at ama-assn.org.

ENVIRONMENT Concerns about global warming have led to demand for better use of renewable energy, explains John Challenger, CEO of outplacement consulting firm Challenger, Gray & Christmas in Chicago. Between January and March 2010, 83,000 clean energy jobs—from farmers to administrative assistants—were created, reports the Council of Economic Advisers. That number is expected to grow, says Challenger. Check out the primer on eco-friendly jobs at nrdc.org/energy/greenjobs.

STARTUP COMPANIES Last year, 69 percent more job seekers than the previous year opted to start their own firms instead of pounding the pavement for a new position, according to a Challenger, Gray & Christmas study. Which means those fledgling firms will likely be looking for staff (you). Start your search at jobnob.com, which lists networking happy hours and video job fairs, and connects you with startups that offer both salaries and alternative compensation—often a mix of equity and cash. C.T.

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DARK CHOCOLATE
Reese's *perfectly*
DARK

OUR
YEAR-LONG
GET HAPPY
CHALLENGE

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happy days!

THIS MONTH'S CHALLENGE FRIENDS

We've put out the challenge to all of you. It's time to get happy! Join us in this yearlong project, started by Gretchen Rubin, author of *The Happiness Project*.

Having close relationships is an important key to happiness, so one of my goals is to strengthen my friendships. A fun way to do it? Form or join groups. I recently started a book group, but instead of reading the usual choices, we dive into young-adult and children's literature, like *Charlotte's Web* by E.B. White and *Graceling* by Kristin Cashore. I get to read wonderful books and talk about them with friends who share my passion.

You might be thinking, *I don't have time to join a group, much less start one of my own*. If you can't meet once a month, how about every six weeks? Or just a few times a year? The benefits are well worth it. People often pull in their friends, and through this, you make new social bonds. It's a phenomenon called triadic closure—simply put, befriending the friends of friends. Relationships thrive on interconnection, and it's both energizing and comforting to feel that you're building not just a few friendships, but a whole social network. That's a powerful engine for happiness. *Gretchen Rubin*

HAPPINESS PROJECTOR KIMBERLY BISCHOFF ON HER 3 RULES OF FRIENDSHIP

"A true friend never gets in your way unless you happen to be going down." Arnold H. Glasow



I love this quote because it is so true. I learned years ago that it's not the

quantity of friends you have, but the quality. My dearest friends possess wonderful attributes and I automatically look for those same qualities when I meet someone new. Here are a few rules I use as my guide:

1. Befriend those you could work for, with and under. A good friendship requires mutual respect.
2. Befriend those you could leave your kids with. This is a measure of trust—a must for any friendship.
3. Befriend those who make you happy. The truest test of friendship for me is this: Does the thought of that person make me smile? As I think about my best friends right now, I'm grinning ear to ear.

BECOME A HAPPINESS PROJECTOR

Once a month, check out the magazine for Gretchen's words of wisdom and updates on some of the people following her plan. Who knows? Maybe you'll be the next one featured!

Go online to womansday.com/happiness to meet other Projectors and get more feel-good resources.

Follow us on Twitter at twitter.com/womansdaytweets for a daily dose of happiness.

Check out facebook.com/womansdaymagazine for support from other WD Facebook fans.

Listen to RadioWD at womansday.com/radiowd for shows on living well every day.

Pick up Gretchen's book, *The Happiness Project* (\$25.99; Harper), for more of her story.

Everyone can always be happier, right? Join us in this initiative to work on a great project: you!

**PROBLEM: GIGANTIC MORNING.
SOLUTION: HEROIC BREAKFAST.**



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for a taste kids love, it's a great way to start their day right.



When I recently mentioned to my mother the idea of winterizing her home, she said, “All that stuff is a bit of a drag.” Well, no. A drag is receiving an unexpected \$600 heating bill in January. Or waking up in the middle of the night to a burst pipe. Or realizing in March that your patio furniture is ruined. Those are drags, and winterization *prevents* them. And it’s easy.

Here’s a master checklist for prepping your house for cooler weather.

winter-proof your house

Keep the cold out and the heat in—and save money

by Arianne Cohen

outdoors

►patio furniture

Outdoor furniture is pretty darn resilient, particularly when you use these storage tips from Mary Ulibarri, manager of Ludeman’s Fireplace and Patio in Beaverton, Oregon:

Clean Mix warm water with a car wash solution, which is designed to cut through outside grime. Follow the package instructions, scrubbing furniture with a soft brush. Rinse with water and let air-dry.

Derust Rub off rust with a scouring pad to stop it in its tracks (always test in a corner first to make sure you won’t scratch the surface).

Wash Cushions and fabrics should either be machine-washed, or handwashed in a large basin with dishwashing soap and warm water. “Store them completely clean and dry,” says Ulibarri, to prevent rot and mold.

Store Hardwood furniture (the heavy stuff, like teak or cherry) can stay outside. Soft woods (like pine or cedar, which age with uneven splotches) need to come indoors or be covered. If your furniture is aluminum, the heavyweight variety can be left outside; lightweight versions have hollow rails, which can hold water and (Please turn to 25)



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WINTER-PROOF YOUR HOUSE

CONTINUED crack when it freezes, so take it indoors. Store plastic or wicker indoors, and if you're not sure what the heck your furniture is made of, take a cell phone photo and bring it to a patio store. They'll know.

Cover Anything that's staying outdoors needs a breathable cover made of a Gore-Tex-like fabric to keep moisture from coming in while allowing moisture trapped inside to escape. We like covers made by Treasure Garden (\$30 to \$150; patio.com). Attach covers tautly so water can't pool and freeze. Neat trick for table-and-chair sets: Place a bucket upside down on the table, and cover the bucket and furniture tightly. Water will run right over them to the ground.

►landscaping

Turn off water Find the indoor water shutoff for all outside lines and

Asheville, North Carolina. If seeding is needed, do it now, when temperatures are still warm. We like the Yard Butler Core Lawn Aerator (\$27; amazon.com).

Fertilize "Fertilize the lawn at Labor Day, and again around Thanksgiving," says Stubbs. Fertilize shrubs in November too, when they've gone dormant.

Mulch flowers Foolproof one-hour trick to a good-looking winter yard: Clear away sticks and leaves, pull up dead plants and use a rake to aerate the soil. Then mulch—it makes your flowerbeds look nice, and also prevents pests from living under debris. You can also neaten your garden by pruning back your perennials and flowering plants.

►gutters

Clean Taking a plastic bucket with you, climb a ladder and use gloves

SMART TIP: Install a CO₂ detector. Winter heat is the primary producer of carbon monoxide. Make sure at least one carbon monoxide alarm is installed at waist level near sleeping areas (carbon monoxide lingers around 3 feet off the floor—unlike smoke, which immediately rises to the ceiling). If you pick a plug-in model, make sure it has battery backup, like the Kidde Carbon Monoxide Nighthawk Alarm. (\$23; amazon.com)

turn it off. (If you don't know where it is, ask your plumber.) Turn on the spigots and empty them; also empty out hoses and store them indoors. If you have an irrigation system, hire an irrigation professional to use an air compressor to empty the water lines so they don't burst, says Jeremy Link, owner of EcoFriendly Irrigation in Cincinnati.

Aerate and seed Want a lush spring lawn? Labor Day is the time to use an aerator (a rolling yard tool with spikes in it). "Aerating allows grass to get more water and grow more going into fall and winter," says Hunter Stubbs, partner in B.B. Barns Garden Company in

to remove debris so it doesn't freeze and damage the gutter. (If you have someone to help, you can use a rope to raise and lower the bucket.) Consider getting gutter guards to use year-round to block out most gunk. We like mesh covers that allow water and some debris to pass through, rather than models that promise no debris, which tend to feature tiny holes that get plugged up. Try Amerimax Home Products White Vinyl Snap In Gutter Guard (\$1.49; The Home Depot).

Check for moss While you're up there, glance around the gutters and roof for moss and algae. It grows at a glacial pace, but (Please turn to 26)



THE NEW LOOK OF CONTINUOUS MOISTURIZATION

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WINTER-PROOF YOUR HOUSE

CONTINUED can do a lot of damage by keeping the roof below permanently wet and causing rot. If you see any, make a mixture of 5 parts water, 1 part bleach and a heaping tablespoon of trisodium phosphate (from a home improvement store), and spray it on the moss to kill it.

► **chimney**

Seal To prevent costly, damaging leaks to your brick, block or cement chimney, seal it every five years. A pro charges around \$75 per hour, but if you're comfortable on a ladder, apply clear acrylic water seal to all outside surfaces of the chimney, just like you're painting. One to try: Thompson's WaterSeal Multi-Surface Waterproofing (\$10 per gallon; at Lowe's).

indoors

► **heating**

Program thermostats Set the thermostat to click on every time the daytime temperature drops below, say, 68°F (it's cheaper to maintain a temperature than to turn a thermostat up and down). If your thermostats aren't programmable, replace them: They're easy to install and cost anywhere from \$35 to \$250—which you'll make back in a month or two. By turning it up only when you're home, you'll save as much as 30 percent on your heating bill; setting the temperature at 68°F instead of 72°F can save 20 percent.

Replace filters Change the filters in your furnace and, if you have one, forced-air system. (If you're not sure where filters are or how to replace them, ask at your next heating inspection.) Dirty filters force the system to chug, wasting energy and costing you anywhere from 10 to 30 percent more.

Clear the path Make sure that no furniture or objects are within 3 feet of space heaters or radiators. Even if

that chair looks perfect near the heater, move it—it's blocking the heat, and it's a fire hazard besides.

Insulate If you have a forced-air heating system, look for ducts running through unheated parts of the house, like the garage and attic. Measure those ducts and head to the store for precut insulation, which wraps right around them, keeping the hot air in the ducts (and in your home) toasty warm. About \$1 per foot at The Home Depot can save you 10 percent on your bill.

► **weatherization**

Face it: You're blowing hundreds of dollars on heat that immediately escapes to the outdoors. A mere \$20 can eliminate most of that waste.

Caulk And foam. Light a candle and move it around windows and doors; where it flickers, you've got a draft. (You can also test by dampening your hand.) Seal the gap with latex window caulk or foam sealant. You'll still be able to open the window, and in the spring you can remove the caulk with a razor blade. If you won't be opening the window, caulk the sash (where both parts of the window meet in the middle). And don't forget the attic! Plug door bottoms with stick-on weatherstripping from a hardware store (\$5 to \$10). Winter heating bill savings: \$100 to \$300.

Insulate water pipes Starting at your hot water heater, look for uninsulated hot water pipes running

along the walls or ceilings. (If they're not labeled, you can usually place a hand *near* them and feel the heat.) Polystyrene insulation, which has a slit in the middle, slips right over the pipe. And once you insulate, the heat stays in the pipes longer, so the hot water heater doesn't need to work as hard. 25¢ per foot at The Home Depot. Savings: \$50.

Insulate the water heater Your heater should have a "blanket"—they look like giant versions of the little insulator bags for travel coffee mugs. If it doesn't, take a snapshot of your water heater, measure the length and diameter, and head to the store (blankets are \$20 to \$40 at Lowe's). Exceedingly smart investment, since the blanket will keep heat in and your hot water heater won't have to turn on as frequently. Winter heating bill savings: \$100.

Block dormant fireplaces Not using the fireplace? Block it off so warm air can't escape. Though home stores sell expensive seals, you can simply take cardboard, purchase an expanding foam at any hardware store and seal it. Put a pretty fireplace screen in front of it and no one will see. Check that the foam sealant (usually \$6 to \$9 per canister) can be used with the material your fireplace is made of. When warm weather comes, follow the removal instructions to take off the sealant, leaving no marks. Try Dap Kwik Foam (12 oz, \$6; at any hardware store). *(Please turn to 28)*

DO A POWER ANALYSIS Appliances are more likely to rack up huge bills in the winter, when they're chugging harder to produce heat. Pull out your electricity bills for the past three years and check to see that your usage has stayed consistent. If not, one of your appliances could be faulty. Find out by getting a kilowatt reader: To monitor an appliance, insert the reader between the plug and the outlet. Test appliances around the house and compare them to the manuals to figure out where the energy leaks are. Kill A Watt EZ (\$30; drugstore.com).



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your inspections checklist

Late autumn is inspection season. Every year you can expect to spend about \$300 on them—and they're well worth it to nip problems in the bud. These are the big four:

□ insulation check

WHY

"Over time, insulation gets thinner," says Candelario Cardenas of NW Insulation Experts in Aloha, Oregon.

YOU REALLY NEED ONE IF...

Your home is drafty, exterior walls are cool to the touch, you've recently had work done, or you've had a rodent problem.

COST & WHAT TO EXPECT

\$80–\$100, though many inspectors will do it free in the form of an estimate. Ask for a clearly written proposal. The contractor will examine insulation throughout the house and check outdoor vents. Houses are meant to breathe; the key is to control the breathing.

BE SURE TO ASK...

About a blower-door test: A fan increases pressure in the house, allowing the auditor to use a nifty infrared light to see where air is escaping. Make sure he also pressure-tests the attic and attached garage, to make sure you're not inadvertently heating them.

□ roofing & gutter check

"Taking care of small problems takes care of big problems," says Winton Smith, president of Western Roofing in Bellingham, Washington. Your roof breaks down over time, and it's better to catch the problem before you need a bucket.

The roof hasn't been inspected in over a year, you can see debris or mold/moss/algae growth, or shingles commonly become loose.

Usually about \$75 per hour. A roofer will climb up for 30 minutes, check for damage or loose or missing shingles, make sure downspouts are freely flowing, look for moss growth, check for cracks where the roof meets the chimney, and remove any debris.

About energy efficiency. Newfangled roof panels can do everything from heat the house to reflect unwanted heat. Find out if they'd be cost-effective for you.

□ chimney check

An annual chimney sweep appointment is crucial to ensure that you're not filling your home with deadly carbon monoxide every time you light a fire or that your chimney isn't filled with debris.

Your chimney exterior hasn't been sealed in 2 years.

\$80. If you don't use your chimney enough to warrant annual inspections, see if your roofer can inspect the outside of the chimney during his roof inspection. The contractor will spend 20 minutes looking at the outside and inside of the chimney, and then stand in the fireplace and test the damper and flue efficiency.

Whether your chimney cap is clean and efficient. Caps come in different models depending on what your chimney is made of; they keep rain and animals out, but the screens in older models tend to get clogged. Newer models allow more efficient ventilation.

□ heating system check

Let us count the ways! The Home Safety Council says that inspections help prevent fire and carbon monoxide dangers. Boilers, hot water heaters and furnaces all also benefit from annual tuneups, which will save you dough.

You haven't had one in the previous 12 months.

About \$120. A contractor will clean up soot, coils, flues, oil and gas residue; fiddle with the furnace and/or boiler and hot water heater; and, if you have forced air, test your supply and return ducts for leaks. He should also check to make sure your range is properly vented. Ask for a combustion efficiency report, which compares the efficiency of the system before and after cleaning.

Where the filter is in your heating system, whether you're using the proper filter, and how to change or clean it.

wd

HORIZONTAL COMFORT INDEX

UNCOMFORTABLE

COMFORTABLE

The Rack

Bed of Nails

Traditional
Sleeper Sofa

Futon

Hammock
(When There's Yard Work to Do)

The La-Z-Boy
SlumberAir™ Mattress



The Collins Sectional and Faris Chair

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SPECIAL
WORK
EDITION

Meet three women who have balanced their work and home life—and learn how you can, too

by Andrea Atkins

works for me!

In the 1950s and '60s, men went to work, women took care of the house and kids, and the 9-to-5 workday seemed to be a perfect arrangement. But today, with 50 percent of women in the workforce, the standard workday model looks as outdated as a rotary telephone.

Recognizing this, workers want more flexible options, and in many instances, businesses have been complying. “Companies are finding that employees who are more in control of their time are happier, more productive and less likely to look for a new job,” says Phyllis Moen, PhD, a professor of sociology at the University of Minnesota. Pat Katepoo, founder of **WorkOptions.com**, a website that helps women gain flexible work arrangements, agrees: “Studies show that employees do best and are less stressed when they can control where, when and how work gets done.”

Adding to this phenomenon: A new generation of workers—both men and women—who have grown up on technology and changing values is pressing employers to let them work remotely, according to Jamie Ladge, PhD, assistant professor of management and organizational development at Northeastern University.

At the same time, many companies are discovering that they can save money on rent and other costs if employees don't come to the office every day. Even the federal government is acknowledging that the old ways of doing business don't work anymore: Last March, the President's Council of Economic Advisers issued a report praising telecommuting, job sharing and flexible hours. “With time, these views will trickle down to more employers and their workers,” says Katepoo.

So what's in your future? Here, meet three women who are making their jobs work for them, and find out how you can too. *(Please turn to 32)*

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she telecommutes

Danessa Knaupp, 35 With 16 urgent work phone calls scheduled for the same day as her younger son's sixth birthday, Danessa silently gave thanks for her work-from-home arrangement with her employer, Capital One Bank. It provided, in her mind, the perfect blend of work and family. Wearing her "I'm Colin's Mommy" T-shirt, she delivered and distributed cupcakes at her son's school, sang "Happy Birthday" and then popped home to begin her phone call marathon.



"As a working parent, I thought that was a great day. I met everyone's expectations," says Danessa, who lives in Richmond, Virginia, and manages incentive programs for bank employees. Although Danessa's been with Capital One for 11 years, last year she was promoted to this new position, which involves travel at least one day a week, sometimes more.

A mother of three children ages 9, 6 and 2, and the family's major breadwinner, Danessa was happy with her promotion, but reluctant to be away from her family so much. "I wondered how I would add travel to what I'm already balancing," she recalls. "I suggested to my boss that I work from my home office when I'm not on the road, and fortunately, I work for a company that's comfortable with such options."

Still, Danessa, who didn't have to give up salary or benefits for the arrangement, had

some trepidation. "I worried that I'd have fewer chances for advancement or special projects because I'm not with the leadership team every day. It's turned out not to be true. I've had one of the strongest years I've ever had with the company," she says.

But it hasn't been without bumps. Danessa's husband, Bobby, a high school history teacher, thought that with her home more, things would run more smoothly. "My husband was surprised to come home from work and find the breakfast dishes still in the sink," she says with a laugh. "We've had some serious conversations about what my working from home really means...that I still have to put in my hours and that I'm not always available to take care of every chore. Now, he and I start each evening by talking about our day while we do the breakfast dishes together."

Ironically, the one real drawback has been no more 20-minute commute—a time Danessa had used to relax and plan for the next day. To make up for it, sometimes she'll take a walk around the block or go window-shopping on her lunch hour.

Danessa may not spend the rest of her career working from home; in a few years, she might opt back into the office. That's one of the keys of successful work-life fit, says Dr. Moen: knowing what you need at a particular moment in your life. For now, though, Danessa says this arrangement has lowered her stress. "Before I telecommuted, I felt as though I had to have the full day planned prior to walking out the door in the morning. If I forgot to defrost dinner or pack a lunch, it was a big deal. Now I can focus on the task at hand, and if something doesn't go as planned, I can easily address it and get back to work."

YOU CAN DO IT!

who it's for Workers who primarily use a computer and telephone, and whose job is based on dealing with information and ideas. Administrative assistants and accountants are prime candidates.

how to ask Prepare a written proposal that details how you'll work from home, says Katepoo. Include what your schedule will be and how you'll communicate with the office, and describe your home office setup. Also tell how this agreement may save the company money (for example, according to Katepoo, telecommuters are more likely to stay with their jobs. The cost of losing and replacing an employee is estimated at 1.5 to 2.5 times the position's annual salary).

what's the arrangement? Most telecommuters typically work one to three days a week from home. In your proposed schedule, break down which work tasks you'll do remotely and which you'll do at the office. And remember, it's your responsibility to keep your employer up to date on your work.

for more information Visit workoptions.com or the Alliance for Work-Life Progress (awlp.org).

she shares a full-time job

Karen Emanuelson, 51 Four years ago, Karen felt ready to reenter the workforce but not ready to give up her volunteer commitments and be away from her two young teens all day, every day. So when her hometown of North Oaks, Minnesota, offered her a full-time job as assistant to the city administrator, she spoke to her future boss about making it a part-time position to be shared. "Luckily, the city administrator had an open mind and was willing to explore pioneering this type of arrangement," says Karen.



They worked through it together, considering the idea of splitting the day and ultimately agreeing on splitting the week. "I concluded that if you're going to go through the trouble of getting ready and dressed, you might as well work the whole day," Karen says.

In November 2005, Karen accepted the position and began working full-time until Marcia Rich, 49, of Lion Lakes, Minnesota, a mother of three boys and a registered nurse, was hired a few months later to split the job. For almost five years, one has been jockeying the desk on Mondays and Tuesdays, the other on Wednesdays and Thursdays, and the two rotate Fridays. For both women, the job, which pays an hourly rate, represents supplemental family income. The two share holiday pay and vacation pay, and they can take unlimited unpaid vacation days, as long

as the other is willing to work on those days. There are no insurance benefits, though the city does match contributions to a retirement account for each of them. When Marcia's not at City Hall, she still puts in a few hours of nursing work each week. And Karen has created a marketing consulting company, Reciprocate LLC, that specializes in social media for small businesses.

"The flexibility of this job has been the best part," says Karen. "This week my parents are in town, so Marcia's doing the whole week. When she goes away, I'll cover for her. The fact that we're interchangeable makes it a lot easier."

Each woman brings different skills to the desk. While Karen enjoys writing press releases, working on the city's website and planning events, Marcia is a top-notch organizer who has created new filing systems. It helps that the two women have devised detailed systems. For example, there's the green notebook in which each jots down what she's working on so that her partner can follow through the next day. There's an inbox where ongoing projects are left, and they've agreed that each day ends with a clean desk. They also meet for lunch occasionally to touch base, air any problems and set up new procedures. "You have to have total confidence in your share," says Karen. "Whether she's sending out a letter or I'm doing it, it reflects on both of us."

Looking back on the past five years, Karen marvels that the job has become a seamless operation. "Even though we each have our own projects and areas of expertise, to the public, we're one person getting the job done. It works for everyone."

YOU CAN DO IT!

who it's for Typically, job sharing works well for salespeople, human resources professionals, nurses, public relations professionals, city officials and graphic designers. These jobs have obvious divisions of labor.

how to ask As with telecommuting, a businesslike written proposal that describes exactly how two people will get the job done is more likely to succeed than a verbal request. In it, emphasize some of the following: The company gets two sets of skills applied to one job for one salary; there is less absenteeism and higher job retention among job sharers; people who work reduced hours have more energy and focus and are more productive. While Karen succeeded without a job-share partner in mind, most often it works better if you approach your supervisor with a proposed partner.

what's the arrangement? Agree with your partner about whether you'll split the week or alternate weeks. Be prepared to cover for each other, and have a plan for time conflicts (you both want off Christmas week).

for more information Visit JobShareConnection.com.

she created her own business

Nicole Silton Klemens, 53 When Nicole and her husband divorced six years ago, she was scared. How would she be there for her boys, then 13 and 9, without a second household salary? “I was seeing a therapist, trying to sort out my life,” recalls Nicole, who lives in Rye, New York, and has a degree in psychology. “I needed to reestablish myself as an independent person yet keep my sons as my main focus. She said, ‘You’re really organized, and I’ve got some women in my practice who need someone like you.’” So Nicole allowed her therapist to “set her up” with some clients, and her new career was born.



Shortly thereafter she founded Let’s Get Organized, a business that organizes the households of elderly people: assisting them with paying their bills, keeping their insurance papers straight, making medical appointments for them and handling whatever else might come along. Although no special training is required, she says, “you need to be broadly educated, because I look at all kinds of information, from bank statements to correspondence with lawyers to stock certificates. I have to be able to understand what I’m reading so I can explain it to my clients. I don’t make decisions about stock portfolios, but if a client is confused by the contents of a letter, I may need to call his or her stockbroker and know what I’m talking about.” She even emails her clients’ children who live in distant cities. “To do this

job, you need to have integrity because you’re dealing with the intimate details of someone’s life. It’s like being an adult child without the baggage of being related to the people! A lot of my work takes place over a cup of tea.”

The rules of the business: Any visit has a minimum of four hours, she’ll organize but won’t clean, and she only schedules one client a day since her younger son is still in school and she can rely on child support to boost her income. (When he graduates, she says, she’ll ramp up to make more money and is considering earning a certificate as a geriatric care manager, which would solidify her credentials.) Also, she doesn’t mix work with pleasure. “I am very kind to my clients, and I like them, but they are not my friends,” she says. “Sometimes it’s hard not to invite them to my home when I know that they’re alone on a holiday, but I need to set some boundaries.” She also generally refrains from checking on clients between scheduled appointments, and screens calls so she can return them when it’s convenient for her.

The other downsides: The job can be isolating. “I don’t always interact with my peer group,” says Nicole. And if she gets sick and can’t work, she doesn’t get paid. She’s also self-insured for medical coverage, an expensive proposition. Still, the positives outweigh the negatives many times over, says Nicole. Her business has grown through word of mouth, and she still has her two original clients. “I’ve developed a real appreciation of how difficult it is to grow old, and I’m so glad to be able to help.”

YOU CAN DO IT!

who it’s for Service-oriented workers: fitness trainers, makeup artists, personal chefs, etc.

how to do it Select a business that showcases your skills and fills a gap in the marketplace. You’ll need a business plan outlining your goal, how you’ll make money and the investment costs involved. Startup costs can be less than \$1,000 on such things as advertising, business cards and materials, says Nancy Collamer, founder of **MyLifestyleCareer.com**, a blog about reinventing your career. “To attract clients, volunteer your services to someone in exchange for references, or arrange workshops at your library or church,” she says. Also, create a website, Facebook page and Twitter account to promote your business.

what’s the arrangement? In “by appointment” businesses, you decide when to work. Require a minimum number of hours for a client, usually at least two hours for the initial consultation. To figure out an hourly rate, research your competition and figure out your expenses.

for more information Go to the Small Business Administration website (sba.gov/smallbusinessplanner/index.html).

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freezer lately?*

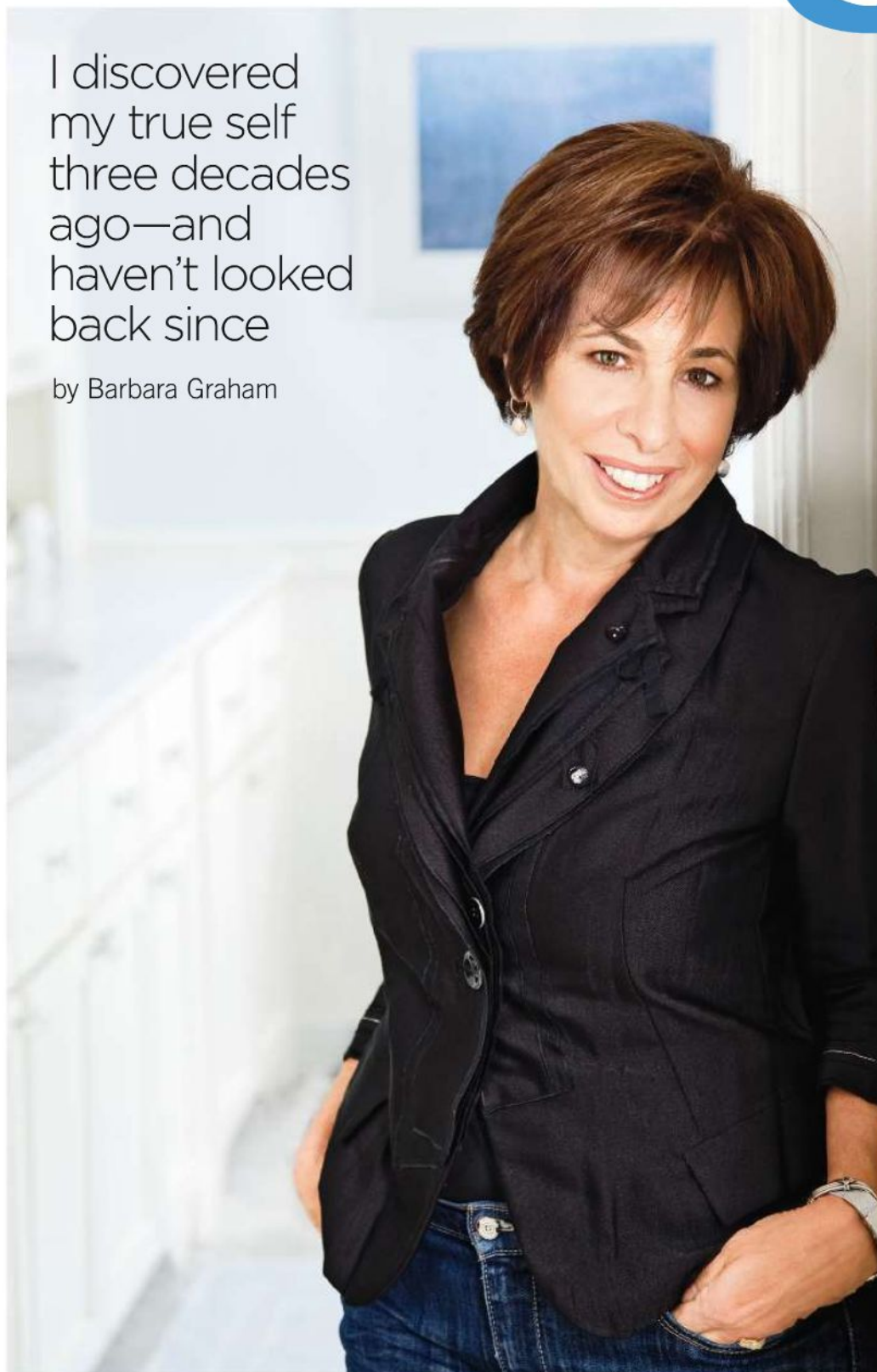


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62 going on 30

I discovered
my true self
three decades
ago—and
haven't looked
back since

by Barbara Graham



Not long ago

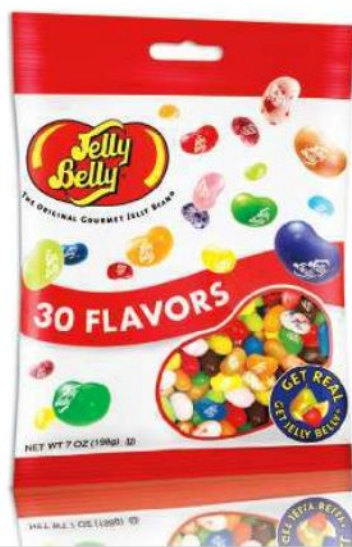
my mother, Irene, called me sounding frantic. The retirement home where she lived was holding its annual black-tie dinner that evening and she was beside herself over what to wear. “Please help me, Barb,” she said, “the bronze silk suit or the leopard chiffon?”

It didn't matter to my mother that she was 95, impossibly frail and very ill. In her mind she was still who she'd always been: glamorous, eternally youthful, charming (Please turn to 38)

COURTESY OF RICHARD MALLORY ALLNUTT



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62 GOING ON 30

CONTINUED and flirtatious, adored by men, envied by women, the undisputed Belle of Pittsburgh. Sadly, a month after the gala, my mother passed away.

Though clearly irrational, her stubborn, magical belief that aging and its inescapable corollary, death, happen only to other people is also deeply human. It strikes me—and sages have been saying so forever—that we each carry within us a core sense of self that develops when we're young and persists throughout our lives. No wonder my mother continued to think of herself as that 19-year-old Belle of Pittsburgh. On the inside she felt vibrant, curious and full of life,

I needed to find out what I stood for, not just what I opposed. That process started in my mid-20s, when I separated from my son's father and went back to college, and culminated around age 30. That was the year I had my first big success as a playwright. I was doing work I loved, I was comfortable as a single mother, and at ease in my own skin. My sense of adventure was still intact, but now my feet touched the ground. At 30, I came home to myself.

Today, three decades later, I live in a nice house in a nice neighborhood. I'm married to a kindhearted man, Hugh. I am the grandmother of Isabelle and Azalia, two little girls who make

morning I told my husband not to count on me being around next week—I'm heading to a spa for a desperately needed break with my friend Audrey.

Still, there are times when my impulsiveness gets me into trouble. A few years ago, in the dead of winter, I rented a charming 300-year-old country farmhouse on the spur of the moment for our summer vacation. By the time we arrived, the mice and the snakes had come out of hiding. On the plus side, we never would have laughed (or screamed) as hard as we did if I hadn't jumped at the place quite so spontaneously.

And though I love my nice house and all the beautiful objects I've collected during my travels, I never confuse my sense of self-worth with those things. Or with my youthful looks, thank God—and that is one big difference between my mother and me. Because she thought of herself as eternally young, each creeping, telltale sign of her real age filled her with shame. I pray that I'll be able to accept my own inevitable physical decline with more equanimity.

The great Satchel Paige once said, "How old would you be if you didn't know how old you are?" I've been pondering the wisdom of that question in the weeks since my mother died. On some basic level I feel pretty much the way I did at 30: not as wild and reckless as I was in my 20s, but not ready to pack it in, either. The siren call of the next unexpected adventure will sound any day now and I'll be ready. And though it's true that my past casts an ever longer shadow behind me, the future does not seem foreshortened. Not yet, anyway.

Barbara Graham is the editor of Eye of My Heart: 27 Writers Reveal the Hidden Pleasures and Perils of Being a Grandmother. wd

On some basic level I feel much the way I did at 30: not as wild and reckless as I was in my 20s, but not ready to pack it in, either.

despite outward appearances. To her, the woman she saw in the mirror in her later years was a shocking imposter, not her true self.

I didn't discover my true self until I reached 30, but even as a teenager I knew that being a free spirit was a big part of who I am. During the '60s I was an unconventional adventure-seeker who, along with other members of my generation, was rewriting the world. At 19, I dropped out of college. The year I turned 21, I traveled across Europe in a beat-up Volkswagen bus. By the time I was 24, my man and I were living with our baby boy in a plywood A-frame on a mountaintop in California, with no running water or electricity.

But at a certain point, this lifestyle stopped working for me. Motherhood made me realize that

my heart leap. What could be more conventional than this? A friend told me just last week that her daughter couldn't believe it when she heard that I'd been a rebel hippie chick back in the day. And yet, the thrill of adventure, the sense of possibility, my trademark irreverence and the joy I feel in not knowing what the day will bring are with me still—just as they were at age 30, when I finally understood that responsibility would not crush my freewheeling spirit.

I may be a 62-year-old grandmother now, but at heart I am my 30-year-old self—my virtual age. I feel in my prime. I work out, hike, travel, chase after my granddaughters. I work hard, too: Since I'm a freelance writer, the *r*-word—*retirement*—has no place in my vocabulary. And I still love to turn on a dime. Just this

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make money online

From reviewing products to on-call nursing, 12 ways to earn extra cash

by Mary Hunt

If you want to make a little spending money from home or earn a full-time salary, now's the time—especially if you have a computer. Just going online opens up a host of opportunities. The trick is knowing which businesses are legitimate. Here are my top picks.

sell your crafts. Do you knit? Make jewelry? Sew? If so, there are lots of opportunities to sell handmade wares online. As a member of Etsy (etsy.com), you'll have your own online store to showcase your items. It's free to become an Etsy seller, but you'll pay a fee of 20¢ to list an item with up to five photos for four months. When the item sells, you pay a 3.5 percent commission to Etsy. There's no limit to how much you can charge, and what you earn is based on how your crafts sell.

At Jewelry Wonder (jewelrywonder.com), sellers must have at least 30 items to open a free online store. There's no charge to sellers—no setup fee, monthly or transaction fees, or listing or hosting fees. And sellers set their own prices, so the sky's the limit.

ArtFire (artfire.com) is the home of artists, crafters, suppliers and media creators from around the world. Sellers can choose either a basic free account that includes unlimited listings with four pictures per item plus the ability to sell directly from your blog or website, or a Pro account for \$15.95 a month with 10 pictures per item plus a customizable “store” and promo (Please turn to 42)

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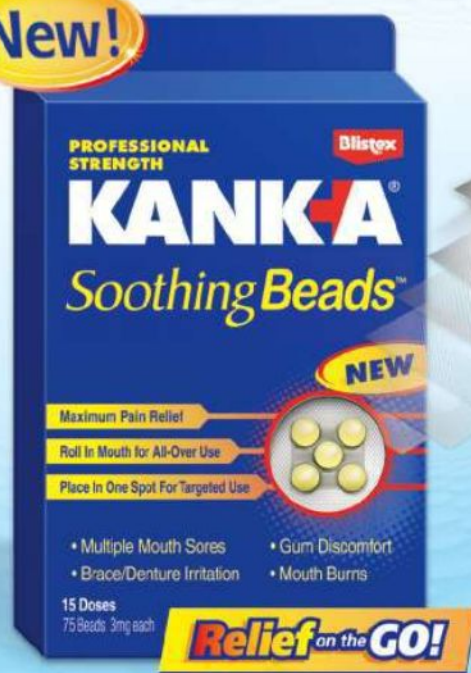
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MAKE MONEY ONLINE

CONTINUED features. There are no transaction fees on ArtFire, so you keep what you make. The site also offers online training in merchandising and marketing.

make money from your talent. At Fiverr (fiverr.com), you can offer services that use your skills—designing a business card, creating a podcast jingle, planning a trip—for five bucks a pop. Fiverr keeps \$1 and the seller gets \$4 per gig. Stefanie Strobel, 28, of Newport Beach, California, writes people's messages in the sand at the beach and takes a picture that she then emails to them. "I make about \$300 per month and can do about 10 to 15 messages per hour, depending on length and complexity," says Stefanie.

be a nurse on call. If you're a registered nurse, consider a company like Fonemed (fonemed.com), which provides phone-based triage and medical information to their customers in Canada and the U.S. These companies contract with medical-related clients, mostly doctor's offices and especially pediatrician's offices, to answer questions when the offices are closed (the work hours are typically evenings, nights and weekends). You must be licensed in the state or province

where you are located and have at least three years of recent clinical experience with adults and children. Fonemed nurses are paid an hourly minimum plus a fee per call, and are eligible for benefits like health insurance and paid leave. A typical Fonemed nurse makes \$27 per hour, according to Fonemed owner Charlene Slaney.

write, edit, proofread. Sites like Demand Studios (demandstudios.com) and Associated Content (associatedcontent.com) hire experienced freelance writers, editors and filmmakers to work on projects for sites like eHow, LiveStrong.com and YouTube. At Demand Studios, assignments pay anywhere from \$15 to \$100; if you meet tenure and activity requirements, you can be eligible for health insurance plans. At Associated Content there are three ways to earn money: upfront payments for content you write (\$2 to \$15 per article), assigned articles (\$10 to \$100 per article) and performance payments (\$1.50 for every 1,000 page views of your article if it's posted online).

design graphics and websites. Elance (elance.com) works like an online marketplace, setting up designers and computer programmers with companies that need their services. Companies post jobs

and freelancers bid on them, listing their experience, portfolio and the price they will charge for the job. If your bid is chosen, you'll pay Elance a commission of 4 to 6 percent of what you earn.

tutor kids or adults. If you have a college degree or are currently enrolled in college and think you have the skills to tutor math, science, English or social studies, tutoring online might fit you perfectly. Check out **Tutor.com**, where tutors work as independent contractors and earn around \$10 to \$14 per hour based on the subject and hours worked. Very active tutors can earn anywhere from \$800 to \$1,600 a month.

give advice. Know a lot about medicine or car repairs? JustAnswer (**justanswer.com**) is a paid question-and-answer site that's growing its community of experts in the medical, legal and financial fields, as well as in other specialties like car repair and home improvement. Registered customers ask a question and then name the price they're willing to pay (usually from \$10 to \$40) for an expert answer. The expert usually responds within an hour, and once the customer accepts the answer, keeps from 25 to 50 percent of what

the customer pays. How much experts earn depends on how many questions they've had accepted by customers. Experts are vetted through a fairly grueling process, with credentials, education and background verified.

provide customer service. Many retailers are outsourcing their customer service operations to third-party companies like Alpine Access (**alpineaccess.com**) and Working Solutions (**workingsolutions.com**), who in turn contract with home-based workers. The reps, who typically work 20 to 40 hours a week, take calls for large and small companies. The hourly rate is about \$9, but agents can earn up to \$13 with incentives and bonuses or up to \$30 for special projects. Some companies offer benefits like health and dental insurance and a matching 401(k) plan. LiveOps (**liveops.com**) is similar, but service reps operate as independent contractors, typically invoicing LiveOps \$10 to \$15 per hour depending on the type of call and performance. And with LiveOps you can work as many hours as you want. The hiring process is rigorous: Expect a comprehensive written or online application, skills exam, phone interview and background check. *(Please turn to 44)*

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top 10 work-at-home scams

No matter how much you need a job, don't fall for these, says Audri G. Lanford, PhD, codirector of the consumer watchdog group *Scambusters.org*.

1. "Make Money at Home Stuffing Envelopes!" This classic has been around since the 1920s. You pay to learn how to get started with your business, and what you get is a photocopy of the same ad you read, with instructions to make copies of it to snag other unsuspecting souls.

2. "This Really Works!" You receive this as a chain letter, then send the email you received along with money to the top names on the list, adding your name to the bottom. You're guaranteed to be a millionaire, say the scammers. The only problems: The money never comes—and chain letters like these are illegal.

3. "Financial Freedom Working at Home!" This is trying to pull you into a pyramid-type business where you pay upfront fees for an "opportunity." And that opportunity turns out to be selling the same "opportunity" to others. One way to tell the difference between this kind of scheme and a trustworthy, reliable venture is the method by which you are solicited. Scam pyramid schemes mostly arrive from strangers in unsolicited emails; legitimate offers come from people you know.

4. "Typing at Home." This is so common and so old. You pay to get "more information," which is a sheet of paper that tells you how to make copies of it and then place home typist ads selling the same information to other suckers. You might see these ads on websites, as pop-up ads or in the back of tabloid publications.

5. "Turn Your Computer into a Money-Making Machine!" As in #4, you get ridiculous information that you're supposed to sell to others.

6. "Just Call This 900 Number for More Information." Hello... it's a 900 number, which is not toll-free. These scam artists' goal is to keep you on the line to run up your phone bill—there is no job.

7. "Get a List of Companies Now Hiring Workers!" This offer claims there is a hot list of big companies that are now hiring people to work from home. The exact wording of the message can vary, but the scam is the same—you pay a small fee to get the list. Problem: These lists are phony and out of date. Unfortunately, these people skirt the law because they deliver exactly what they promised: a list of companies.

8. "Email Processing." When you get this scam in your inbox, you'll find out that it costs about \$50 to become a "highly paid" email processor from home. What you get for that startup fee are instructions on how to spam others with the same ridiculous idea. Another tip here: These kinds of offers often say you're going to get \$25 for each processed email. Does that make sense to you?

9. "Medical Billing." There are legitimate companies that do this, but the ones I'm talking about ask you to pay a fortune up front for equipment and a list of potential clients. What you find out is that the list is out of date or incorrect, or that most clinics process their own bills. Good luck getting a refund!

10. "Craft Assembly." Sound good? Well, once you pay the fee and finish assembling your first batch of crafts, you'll learn that your work "doesn't meet our specifications." "Even if you were a robot, it would be impossible for you to meet their specifications," says Dr. Lanford.

Source: Audri G. Lanford, PhD, codirector, *ScamBusters.org*, Boone, NC

make a little spending money

When career librarian Rachel Singer Gordon, 40, of Lombard, Illinois, quit her job in 2005 to take care of her children and pursue freelance writing, she knew she'd need to find other sources of income to supplement her writing. She dove headlong into couponing and frugality, and became a wizard at finding ways to earn money online. Soon Rachel was bringing in small amounts of income from lots of sources she calls "multiple profit centers." "They're the equivalent of a nice, steady part-time job," says Rachel. In 2009, she started the blog Mashup Mom (mashupmom.com) to share all the stuff she was learning. In fewer than two years, the blog has become yet another profit center for Rachel, as has her first book, *Point, Click, and Save: Mashup Mom's Guide to Saving and Making Money Online*.

Tap into multiple profit centers with Rachel's favorites.

● **Launch a blog.** "If you have something interesting to say, grow your readership, post ads and earn some dough," says Rachel. Start your blog at a free site (go to blogger.com or wordpress.com), then go to Google AdSense (google.com/adsense) or the affiliate program at Amazon.com (affiliate-program.amazon.com) to feature advertising on your site. With AdSense, you make a little bit every time someone clicks on one of the ads hosted on your site. With Amazon's program, you earn a small commission when someone clicks through on an ad and makes a purchase at Amazon. The income will start small, but if you build your following, your cash flow will increase. Rachel typically makes several hundred dollars per month from ads or affiliate links on her blog.

● **Give your opinion.** At MySurvey.com, Surveyhead.com or ValuedOpinions.com, you can sign up to take surveys about products and services and get paid for it. Sites

typically pay \$2 to \$5 per completed survey and will send you a check or deposit to your PayPal account, or gift cards or merchandise once you reach \$20 in your survey account.

Scam alert! There are lots of survey sites out there, but not all are trustworthy. Avoid participating in anything that charges a fee up front to participate. "I try to take three or four surveys each week while the kids are watching TV, and that brings in \$20 to \$30 per month," says Rachel.

● **Search the Internet.** Rachel loves to scour the Web, and one of her favorite things to do is use Swag Bucks (swagbucks.com) as her search engine instead of, say, Google or Yahoo. By doing this, she earns Swag Bucks points—called "SBs" on the website—redeemable for merchandise like Target gift cards and beauty products. (Maximize the number of points you earn by installing the Swag Bucks toolbar on your computer.) You can also earn more Swag Bucks points by taking the site's daily poll and by participating in the company's "trusted surveys." But be warned, it could take awhile to accumulate SBs. A \$300 Apple gift card, for example, costs 37,000 SB. If you don't want prizes, you can trade your Swag Bucks points for PayPal deposits into your account.

● **Do online tasks.** Have a few extra minutes with nothing to do? Companies like Amazon.com's Mechanical Turk (mturk.com) will pay you to complete little tasks that they need done, such as searching the Web for certain products or answering questions and giving opinions. There's usually a time limit of anywhere from 10 minutes to an hour, and pay ranges from a few cents to a few dollars. This may not sound like a lot, but do enough tasks and you've earned yourself some extra spending money. **wd**



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Debra Neizer

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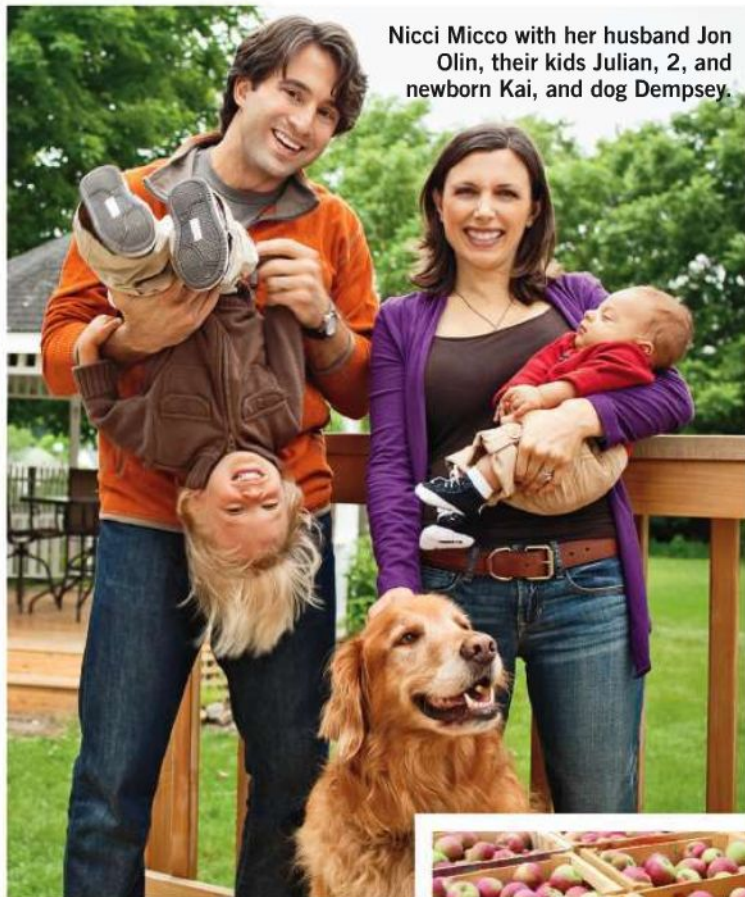
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a woman's day in... Burlington, VT



Nicci Micco with her husband Jon Olin, their kids Julian, 2, and newborn Kai, and dog Dempsey.

"I get to see beauty every day," says Nicci Micco, 34, who's lived in Burlington for eight years. "When I drive to work, Lake Champlain and the Adirondacks are on one side of the road and gorgeous farms are on the other." Aside from its bucolic setting, what really makes Burlington stand out are its people. "In most places, the first thing people ask is 'What do you do for a living?'" Here, it's 'What do you like to do?' Nicci shares a few of her faves:

1. IF YOU WANT GREAT SHOPPING

Head to Church Street "It's buzzing with people, and not just shoppers," says Nicci. "You'll often see jugglers and street musicians too. The local stores run the gamut: boho, artsy, classic. My favorite is Sweet Lady Jane (sweetladyjane.biz) for its cool mix of eclectic clothes, handbags and jewelry."

2. FOR A TRUE VERMONT EXPERIENCE Go apple picking at Shelburne Orchards

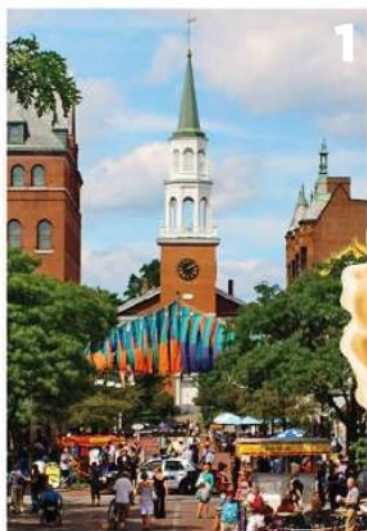
(shelburneorchards.com) About 20 minutes south of Burlington, this 80-acre orchard overlooks Lake Champlain. "It's not a huge place where you take a tractor out," says Nicci. "You just walk to the trees. Plus, the staff is super-relaxed. You can eat as you pick and no one yells at you."

3. IF YOU SCREAM FOR ICE

CREAM Ben & Jerry's Ice Cream Factory (benjerry.com) "My family has been there many times. You tour the facilities and see how the ice cream is made. Best of all, free samples!"

4. NOT ON THE TOURIST TRACK—BUT SHOULD BE The trails at Ethan Allen Homestead

(ethanallenhomestead.org) While many visit this historic home of Vermont founder Ethan Allen to see how life was lived in the 18th century, Nicci



likes the Homestead for what it offers on the outside. "The trails here overlook the Winooski River along Burlington's Intervale, preserved land that includes 350 acres of organic farms. There are wildflowers all along the paths, as well as picnic tables. Want to see something you don't see every day? Come by in the morning. You'll often catch the cows from a farm on the other side of the river wading into the water. It's almost surreal."

5. WHEN YOU'RE IN THE MOOD FOR A BEER

Magic Hat Brewing Co. (magichat.net) "The weird and wacky decor—strobe lights, bright colors—makes you feel like you stepped into Willy Wonka's factory. Some of the brews you'll sample are fantastic; others, not so much. I love the one called #9. It tastes like apricots—sweet and delicious. Then there's the one that tasted like BBQ grill smoke. Weird. But that's the fun of it."

6. BEST WAY TO SEE THE FALL FOLIAGE

Ride a bike With tons of bike paths all over the city, cycling is big here. "My favorite spot is the 12.5-mile path that hugs Lake Champlain," says Nicci. Since it links six parks, you'll see brilliant red and orange leaves for miles. For bike rentals through October, check out Local Motion (localmotion.org), which charges \$18 for an hour and \$28 for the day.

7. TO HEAR LIVE MUSIC Radio Bean

(radiobean.com) "This funky coffee bar is tiny, but the music is terrific—acoustic, alternative, jazz and more," says Nicci. "My husband and I like going on Honky Tonk Tuesdays. The owner is plugged into the local music scene, so he keeps the talent coming. The coolest part? A member of the band Phish, which got its start in Vermont, often shows up to play piano."

8. BEST PLACE FOR BREAKFAST Penny Cluse

Café (pennycluse.com) This local fave stays busy, so come early. "If you have to wait for a table, it's worth it because the food is so good, especially the gingerbread pancakes," says Nicci. "They're moist, sweet and spicy." (Get the recipe at womansday.com/burlington.) wd

Interview by Angela Ebron

Where to stay? Go to womansday.com/burlington.

WIN A TRIP TO CURAÇAO!

One lucky winner will receive a four-night stay for two at the Hilton Curaçao (hiltoncaribbean.com/curacao), which has private beaches, an adjacent casino and an on-site PADI (Professional Association of Diving Instructors) Gold Palm Scuba Dive Center. Prize includes a spa treatment and more. To enter, go to womansday.com/giveaways.



**\$1,500
VALUE**



4



5



6



7

Confidence at Work: How to Ask for a Raise

If there's one thing in life that can make us uneasy, it's asking a boss for the money we deserve. To get your mind in the right place, visualize the day and follow a few of these simple steps.



1

It should start with your usual routine and all the things you do to feel your best, including showering with **Summer's Eve® Feminine Wash** or throwing a packet of **Summer's Eve® Feminine Cleansing Cloths** into your bag for a quick freshness pick-me-up during the day.

2

Just as important: Be sure to eat a healthy breakfast.

3

Leave early. You don't want to be late on a day when someone will be thinking about your performance.

4

Go over your calendar from the past year, look through old files and emails. Jot down a list of all your important contributions and accomplishments.

5

Bring quotes from higher-ups to the meeting, such as, "Great job on the XXX project! You made me look good."

6

Don't be afraid of silence. Effective negotiation requires using strategic pauses. These valuable moments allow your points to resonate and give you time to gather your thoughts.

7

Don't let the conversation stray or get personal.

8

Focus on the things you've done to improve the bottom line. Today, it's about your worth to the company.



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well styled

HAND IT OVER!

There's only one accessory you'll need this season, and it's right at your fingertips. "Jewel tones are a trend in fashion, but why spend a fortune updating your wardrobe? Dress up your nails in the rich hues," says Suzi Weiss-Fischmann, executive vice president of OPI Nail Lacquer. To find the right shade for you, please turn the page.



how to nail the right shade

> **Blues** like Topshop Nails in Voltage (\$10; topshop.com), *far left*, work for darker skin tones.

> **Reds** such as Orly Nail Lacquer in Star Spangled (\$7.50; orlybeauty.com), *second from left*, pop against fair skin.

> **Deep purples and silver** like Rimmel London Lasting Finish Pro Enamel in Purple Rain (\$3.99; at drugstores) and wet n wild Craze Nail Color in Gray's Anatomy (\$1.99; at drugstores), *center*, flatter all skin tones.

> **Greens** such as OPI Cuckoo (\$7.50; opi.com) and Sonia Kashuk Nail Colour in Taunting Teal (\$4.99; target.com), *far right*, look best on brunettes.



ARE YOUR HANDS MAKING YOU LOOK OLDER?

Skin on your hands can become discolored, with an uneven, dull texture that is more revealing of age than wrinkles. The culprits: natural aging (skin gets thinner over time) and photoaging (sun exposure causes age spots). How to get back the youthful glow:



Every day: "Apply lotion with SPF to protect skin from the sun," says Neal Schultz, MD, founder of DermTV.com. Stash a lotion—like Borghese Radiante Brightening Hand Creme SPF 30 (\$15; at CVS), which contains soothing aloe extracts—in your bag for touchups.

At night: "Three times a week at bedtime, pamper your hands," says

Dr. Schultz, who recommends this three-step process:

Step 1: Exfoliate. Use a salt-based scrub like Yes to Carrots Feel the C Pampering Hand & Nail Spa (\$11.38; yestocarrots.com) to remove dull skin.

Step 2: Spot-treat. What works for your face will work for your hands too. Dab on a facial brightening cream to fade dark spots. We love Kiehl's Photo-Age Corrector High-Potent Spot Treatment (\$49; kiehls.com).

Step 3: Moisturize. Apply a lotion rich in vitamins A, C and E, such as Peter Lamas Products Spa Sensuals Hand Cream (\$18; peterlamas.com) to restore and nourish skin overnight.



Information For Patients About Cymbalta® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

What is depression?

Depression is a serious medical condition with a variety of symptoms. Symptoms may include sadness, loss of interest in things you once enjoyed, feelings of guilt or worthlessness, restlessness, trouble concentrating or making decisions, fatigue, changes in appetite or sleep patterns, aches and pains, irritability, and anxiety. For some, depression can include thoughts of death or suicide. These could be depression symptoms if they go on for two weeks or more and interfere with your daily activities.

How is Cymbalta believed to work?

Although the exact way Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine, which are two naturally-occurring substances in the brain and spinal cord.

When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an MAOI

with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.

- You have uncontrolled narrow-angle glaucoma (increased eye pressure).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes.
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported.
- About your alcohol use.
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products.
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles.
- If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta.
- If you are pregnant, plan to become pregnant, or are nursing.
- If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs.
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta.
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta which may be signs of low sodium levels.
- If you develop problems with urine flow while taking Cymbalta.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.

- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

What are the possible side effects of Cymbalta?

- In clinical studies of depression, the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, decreased appetite, fatigue, sleepiness, and increased sweating.

This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

What happens when I stop taking Cymbalta?

Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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5

WAYS TO KEEP NAILS IN SHAPE

1 Avoid metal nail files. "They can cause nails to split. Instead, shape nails with a medium-grit sandpaper file," says Deborah Lippmann, owner of Deborah Lippmann Beauty.

2 File nails from the outer corners to the middle to prevent breakage. "Healthy nails can be filed every 10 days; brittle nails need about 14 days," says Fahmida Mumith, a nail technician at Haven Soho in New York City.

3 Keep your nails clean. "Use a nail brush to scrub under nails, and dry them really well to ward off bacteria," says Donna Perillo, owner of Sweet Lily Natural Nail Spa in New York City.

4 Never cut your cuticles. "They'll only grow back thicker and faster," explains Perillo.

5 Wait 2 minutes before applying a second coat of polish. "The trick to polishing at home: Keep your hands on a flat surface with the nails facing away from you while you paint," says Essie Weingarten, president of Essie Cosmetics.



healthy hands

Ralph Daniel, MD, clinical professor of dermatology at the University of Mississippi Medical Center and the University of Alabama, Birmingham, gives you the upper hand on nail health concerns *by Abigail Cuffey*

my nails...

here's why

doctor's Rx

always split or peel

Blame it on your lifestyle or aging (or both!). Washing your hands a lot, applying nail polish remover often or using hand sanitizer with alcohol daily can zap moisture; it also happens naturally as you age.

"Gently rub cream over your nails and cuticles each day to keep nails hydrated," says Dr. Daniel. Also, switch to an alcohol-free hand sanitizer. Try Herbalife Hand Sanitizer (\$5.50; herbalife.com) to help prevent nails from drying out.

are stained yellow

Some causes: smoking (from the nicotine); fade creams with hydroquinone (which helps lighten the appearance of dark age spots); constantly wearing nail polish without a base coat (which can discolor the nail plate).

Visit smokefree.gov for tips on quitting smoking. If you use a hydroquinone cream, Dr. Daniel suggests wearing gloves to apply it. Always use a base coat before adding color and let nails breathe for at least a day between manicures.

contain vertical ridges

There's no scientific reason for the ridges that run from your cuticle to nail tip, says Dr. Daniel. What we do know, however, is that the ridges deepen with age, especially after 40, and they usually don't indicate health issues.

Keep nails hydrated and fill in deep ridges. We love Essie's Fill The Gap Ridge Smoothing Base Coat, which helps polish go on smoothly. (\$10; essieshop.com)

have a beau's line (a u-shaped horizontal ridge across the nail)

It may appear after you've been ill, taken certain drugs (as in chemotherapy), or had a baby or major surgery. These traumas to your body can cause hormonal changes that affect the growth of the nail plate.

As you recover, it will grow out or disappear. But to help cuticles and nails get back to normal, Dr. Daniel recommends applying a moisture-rich cream before bedtime; cover your hands with cotton gloves or socks.

THE LONGEST-LASTING MANICURE, HANDS DOWN

Can a manicure last 14 days? That's the claim from CND's new Shellac System, a hybrid polish/gel manicure (\$45; cnd.com for locations). **How it works:** A licensed technician applies Shellac UV Base Coat to clean nails and places them under a UV lamp for 10 seconds (don't worry; it uses a low, unharmed level of energy). Next, she brushes on 2 coats of color and sets nails under the lamp for 2 minutes per coat. After a top coat and 2 more minutes under the lamp, you leave with "super-shiny color," says Serena Hampton, a licensed cosmetologist at Beauty Studios in Southfield, Michigan. During our test, nails held strong for 13 days until slight peeling occurred. **The drawback:** The salon must remove the manicure with acetone-saturated wraps.



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SPECIAL
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Working from home equals slogging around in your pj's all day, right? Wrong. These wildly successful bloggers share their secrets for having a stylish work-from-home wardrobe

HER ESSENTIALS



DESIGN MOM

"I call it my accidental career," says blogger **GABRIELLE STANLEY BLAIR** of **DesignMom.com**. A former graphic designer, Gabrielle, 36, uses her eye for style to showcase toys, clothes and home decor while giving a taste of life in Denver with husband Ben and six kids (ages 4 months to 13). "I started blogging after my fifth child was born; I needed a creative outlet. Now I get my fix every day!"



"Between blogging and taking care of six kids, time is limited—so I need easy styles. My favorite clothes are urban casual."



cowl-neck dress

"To look hip and confident at a moment's notice, I put this on." Knit dress, \$139; **benetton.com**

girly cardigan

"Feminine details like flowers or beads soften an outfit." Rosette cardigan, \$26.50; **oldnavy.com**

skinny jeans

"They're comfy enough to wear all day, and they beat 'mom jeans'." Pencil jean, \$59.50; **victoriasecret.com**

opaque tights

"Who has time to shave every day? And bright tights make a black dress way more interesting." Control-top tights, \$20 for 2; **hue.com**

wrap dress

"In a wrap style, I always feel gorgeous." Faux wrap dress, \$99.50; **esprit.com**

riding boots

"They look good dressed up or down, and they age well." Deerfield boots, \$149; **lbean.com**

black mascara

"One coat instantly brightens my eyes."

Big and Curvy Mascara, \$18; **thebodyshop.com**



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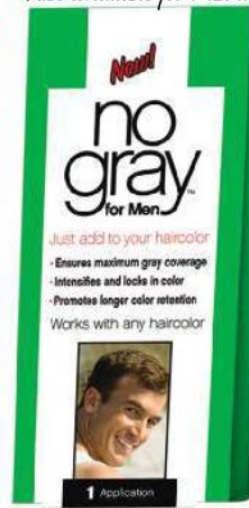
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DESIGNATED DAUGHTER

Twelve years ago, **D.G. FULFORD**, 61, returned home from Nevada to Columbus, Ohio, to care for her mother, Phyllis, now 91. Alternately riddled with guilt about being far from her own 35-year-old daughter and terrified by her mom's health crises, D.G. has been documenting it all on **womansday.com/designateddaughter**. "It isn't easy," she explains. "But this is one of the happiest times my mom and I have ever had."

HER ESSENTIALS



"I'd describe my style as a mix of bohemian and old hippie with a touch of comfort."



personalized jewelry

"My birthday is May 9, so the number 9 has always been pretty lucky to me. I wear a charm necklace with an engraved 9 every single day." Sterling silver initial charm, \$30 (chains range from \$15 to \$45); **shopparcels.com**

perfect tee

"My daughter gave me one by Michael Stars, and I fell in love with the fit." Supima Raw Edge Crew, \$55; **michaelstars.com**

cozy sweater

"I like to keep one nearby when I'm sitting in front of the computer, in case I get chilly." Knit patterned button-down cardigan, \$109; **benetton.com**

embellished top

"I'll wear anything that sparkles." Short-sleeve tee, \$58; **whitehouseblackmarket.com**

jeans

"I always feel comfortable in them, so I wear them almost every day." 632 high-rise skinny jeans, \$69.50; **levi.com**

cowboy boots

"When I was 5, I got my first pair, and I've been a huge fan ever since." 11" slouch boot, \$129.99; **durangoboot.com**

blue eyeliner

"I wouldn't want to scare the mailman, so I apply a thick line every day and smudge it."

Napoleon Perdis Natural Kohl Eyeliner in Blue Denim, \$18; **ulta.com**



*With menopause,
there's a time to
embrace change.
And a time
to defy it.*

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever—just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



HELP RELIEVE AND RESTORE WHAT'S YOURS.

PAY NO MORE THAN \$15 FOR YOUR PRESCRIPTION* BY VISITING PREMARINVAGINALCREAM.COM

*Coupon will be accepted only at participating pharmacies. This coupon is not health insurance. Applies only to insured patients; cash-paying patients subject to a different discount rate. Certain other restrictions may apply. For more information on these restrictions, visit PREMARINVAGINALCREAM.COM. For questions, please call 1-877-264-2440 or write to McKesson Patient Relationship Solutions at P.O. Box 52090, Phoenix, AZ 85072-2090. 264204-01 ©2010 Pfizer Inc. All rights reserved. May 2010



PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
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- Using estrogen-alone may increase your chance of getting dementia, based on a study of women age 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems.** Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest.** You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding.** The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
 - Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream
1. Remove cap from tube.
 2. Screw nozzle end of applicator onto tube.
 3. Gently squeeze tube from the bottom to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
 4. Unscrew applicator from tube.
 5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Stroke
- Blood clots
- Gallbladder disease
- High blood pressure
- High blood sugar
- Cancer of the uterus
- Heart attack
- Dementia
- Ovarian cancer
- Liver problems
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Dizziness and faintness
- Severe headaches
- Shortness of breath
- Changes in vision
- Yellowing of the skin, eyes, or nail beds
- Unusual vaginal bleeding
- Changes in speech
- Chest pain
- Pains in your legs
- Vomiting

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Irregular vaginal bleeding or spotting
- Nausea and vomiting
- Fluid retention
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching
- Breast pain
- Stomach/abdominal cramps, bloating
- Hair loss
- Vaginal yeast infection

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream
Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α -dihydroequilin, 17 α -estradiol, and 17 β -dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines?

Pfizer has programs that can help. Call 1-866-706-2400

or visit www.PfizerHelpfulAnswers.com.

 **helpful
answers**



264204-01

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Rx only



BOSTON MAMA

If you want to know where to pick apples, hear a free book reading or find a new dress in "Beantown," lifetime resident **CHRISTINE KOH**, 36, has you covered. On **BostonMamas.com**, Christine, who has a 6-year-old with husband Jonathan, writes about "everything from food and crafts to local events." The best job perk: "The ability to be there for my daughter when she needs me."

HER ESSENTIALS



statement necklace

"I usually wear neutral outfits at home, so a necklace makes them more exciting." \$17; **lulus.com**



print dress

"Dresses are low-maintenance; I can get my daughter ready for school in no time if I throw one on in the morning." Tucker for Target dress in diamond print, \$39.99; **target.com**

white pants

"They work all year round, making any outfit look more chic. In case of emergency, I always have a Tide to Go pen nearby." Liz & Co. by JCPenney jeans, \$37.50; **jcp.com**

sky-high heels

"I will suffer for the right pair. But I carry flip-flops in my tote as backup." Lela Rose for Payless Linzia pump, \$44.99; **payless.com**

sparkly skirt

"Wearing one, I feel more put-together if I walk to the mailbox or run out to do errands." Tucker for Target brocade skirt, \$39.99; **target.com**

pretty cardigan

"It's easy to put on and take off in variable temperatures, especially if I'm going back and forth from home." Lace appliqué cardigan, \$49.50; **thelimited.com**



foundation

"I feel much happier about myself if my skin tone looks even."

L'Oréal Paris Visible Lift Serum Absolute, \$14.95; at drugstores

"I love classic, streamlined silhouettes, but with pretty details to update the look."



I ♥ MY



BED

Roll over and hit the snooze button: Your bedroom just got a lot more relaxing

Despite the various ways many of us use it (makeshift office, place to pile laundry and papers), the bedroom is meant to be a haven—the place you go to get away from it all, destress and recharge. Sleep more soundly by following these tips for creating your ideal retreat. Sweet dreams!

◀ **back to basics** Stick to all-white linens and you'll never again have to worry about finding matching pillowcases. Choose bedding with different textures, like a matelassé or an open knit, to create a bed that looks and feels inviting. Paint, Behr. Bed, Crate & Barrel. Table, Ikea. Lamp, Mitchell Gold + Bob Williams. Sheets, Bed Bath & Beyond. Quilt and shams, Pine Cone Hill. Ruffled pillow sham, Target.

PHOTOGRAPHS BY PAUL WHICHELOE

COLOR

Your walls establish the tone for your room, so select these hues carefully. "Choose blue to soothe both body and spirit, green for harmony and balance or natural tones for calm," says Dee Schlotter, brand manager of color for PPG Pittsburgh Paints.

SPACE

A queen-size mattress is usually big enough for two—but opt for a king if you like to sprawl or a California king (4 inches longer) if you're taller than average. Before choosing a bed, consider the room's size: You should have at least two feet around the bed's perimeter to move in, and that space should take up less than one-third of the room.

LIGHTING

Darkness primes your body for sleep, says Michael Breus, MD, author of *Beauty Sleep*. Put soft white bulbs in ceiling fixtures or use a dimmer as you prepare for bed. Use a three-way bulb in your bedside lamp to drop the light level, and line blinds or curtains with blackout fabric to block outside light.

STORAGE

Be strategic with your side table: Choose one with shelves for your current reads and drawers for earplugs or eyeglasses. Choose a table with a skirt or cabinet door if you want to tuck away work before you settle in.

A BETTER BED

Your handbook for a good night's sleep

COVERLET

Often made of cotton with a thin layer of filling, quilts or coverlets provide a layer to keep linens clean and decorate the bed. They're also your easy answer to "I'm cold, he's hot." Petite Diamond Quilt in White, Pine Cone Hill.

EUROPEAN SQUARE

PILLOWS Besides adding a decorative element, European-size pillows (26 inches square) provide back support when you're sitting up in bed. Prop them up behind standard pillows when making the bed. White Goose Feather European Square Pillow, Bed Bath & Beyond.

STANDARD PILLOWS

Your pillow should keep your spine aligned in bed. Side sleepers need firm support, stomach sleepers can go softer, back sleepers fall in the middle. With use, pillows fill with grime, so use a pillow cover to protect them and swap them out every three to four years. Charter Club Down Pillows, Macy's.

HEADBOARD

A headboard creates a focal point for the room. It should be tall enough to be seen above your pillows, but less than half the height of your room (so it won't dwarf your walls). Consider an upholstered version if you sit in bed to read or work. Harbor Bed, Crate & Barrel.

make your bed!
Every day. Your room will instantly look cleaner, and accomplishing this one small task gets the day started on the right foot.



BOX SPRING

Often sold with the mattress, this foundation distributes weight evenly and has some give for comfort. Most beds are designed to work with a box spring, so not using it (or using an old one) could invalidate the mattress's warranty. Fit it with a bedskirt or box spring cover if it's exposed.

LINENS

Egyptian and Pima cotton are the standards for softness. Thread count (the number of fibers in one square inch of fabric) is less an indicator of quality than a marketing tool—once you go beyond 200 to 300 thread count, the only place you'll feel the difference is in your pocketbook. Sheets, Bed Bath & Beyond.

MATTRESS

Only you can tell what's comfortable—so you *must* try a mattress before buying! Lie on the bed, with your partner if you have one, in sleep position for at least 15 minutes, paying attention to how your hips and shoulders feel. Expect to buy a new mattress every five to seven years. Mattress, 1800Mattress.

MATTRESS PAD

Your mattress is your biggest investment, so protect it from mold, mildew, dust mites and sweat with this extra layer, which can also add padding to the top of the bed. Choose a waterproof one for young children or one that's allergen-free if you suffer from allergies.

SUIT YOURSELF

Color and pattern add energy and personality to basic white sheets. Four styles to consider:



CLASSIC COMBO Navy, gold and white are crisp and elegant; layers of complementary geometrics keep them from being boring. Cha Cha Chains Duvet Cover and Euro shams, Lilly Pulitzer for Garnet Hill. Helix Pillow in Citron (left) and Boomerang Pillow in Citron, D.L. Rhein.



WORLD VISION Conjure up a recent trip (or a dream vacation) with ethnic-inspired prints. Aqua Garden Quilt and Cushion covers, Anokhi. Taj Duvet Cover and Quilted Boudoir Pillow in Blue, Rikshaw Designs. Ikat Silk/Cotton Pillow Covers in Teal (left) and Jade Green, Fabricadabra.

PRETTY IN PINK Pair a bold floral with a smaller-scale print for a look that's grownup instead of girly. Erika Fuchsia Duvet Cover, Euro Shams and Bolster, Pine Cone Hill. Style & Co. Trellis Comforter, Macy's.



HIS & HERS Feminine details, like embroidery and chiffon, soften a modern look. Thomas O'Brien Quilt and Throw, Target. Pop Poppy Euro Shams, Echo. Simply Vera Pintuck Squares Pillow, Kohl's. Checkerboard pillow, Company C.





You're getting heart healthy.

Campbell's® Healthy Request® soup. Make it a heart-warming part of your heart-healthy diet. Low cholesterol, healthy levels of sodium and zero grams trans fat. 25 soups we put our hearts into creating.



American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

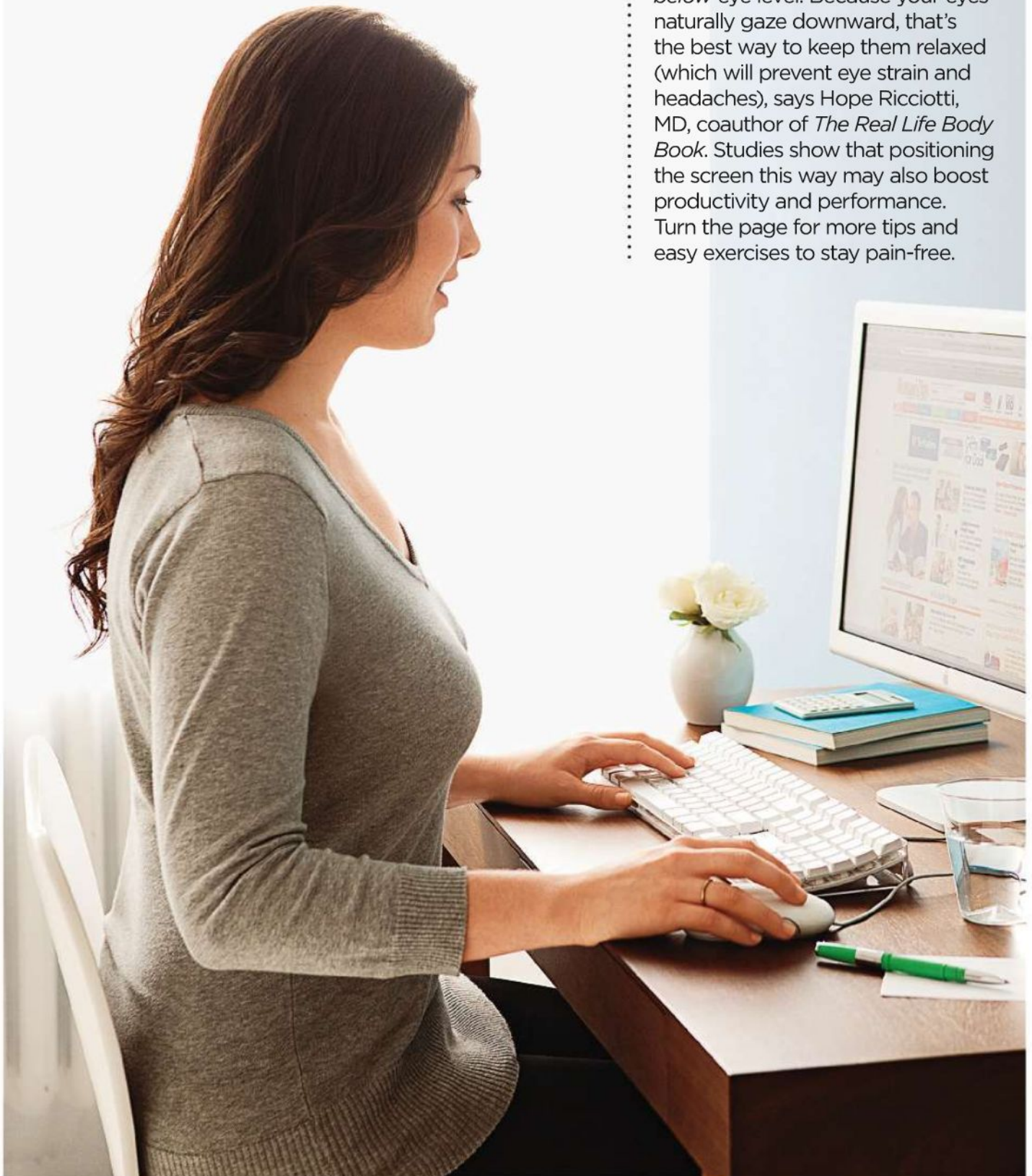
heartcheckmark.org

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

be well

STOP THE STRAIN

Logging lots of computer time? Check the position of your monitor. The top of the screen should fall *below* eye level. Because your eyes naturally gaze downward, that's the best way to keep them relaxed (which will prevent eye strain and headaches), says Hope Ricciotti, MD, coauthor of *The Real Life Body Book*. Studies show that positioning the screen this way may also boost productivity and performance. Turn the page for more tips and easy exercises to stay pain-free.



KATE SEARS; PROP STYLING BY PAIGE HICKS. HAIR & MAKEUP BY MICHIKO BOORBERG. DESK: WEST ELM PARSONS DESK WITH DRAWERS, \$299. CHAIR: WEST ELM SCOOP-BACK CHAIR, \$79.

PERFECT POSITION

How you sit at the computer has everything to do with keeping your body ache-free.

Arms Keep them by your sides at a 90-degree angle while typing. (You may have to scoot your chair in or out.)

Shoulders should be down and relaxed. If they're scrunched up by your neck, it may mean that your chair is too low, so adjust the seat accordingly.

Feet should be flat on the ground while you're seated. Can't reach? Invest in a footrest or stack up books.

Back Leaning too far back or hunching forward can wreak havoc on your vertebrae. Your lower back should touch the part of your chair where the seat and back meet. If it doesn't, buy a lumbar support cushion or a small pillow and put it behind your back.

REMEMBER: Your torso—from hips to head—should be in a straight line.

LAUGH IT OUT

Repeated bouts of hearty laughter have some of the same health benefits as exercise (like helping to keep your blood pressure and cholesterol in check), says research. Consider that gut-busting comedy preventive medicine!

pain-fighting moves

These strength-training exercises can help alleviate (and prevent) neck and shoulder pain and increase range of motion by strengthening the upper-body muscles. For best results, practice them at least twice a week. (To see three more, go to womansday.com/painmoves.) You'll need a pair of 3- to 5-pound dumbbells.



shoulder abduction **a)** Stand with feet together. Straighten your arms down by your sides with palms facing in and weights in hand. **b)** Lift arms out and up to the sides so that they make a horizontal line with shoulders; don't go past 90 degrees. Lower back down and repeat 11 times. Do two sets.



upright row **a)** Stand with arms stretched down in front of your body and weights in hand. **b)** Lift the weights in a straight line as close to your body as possible, until they reach the middle of your chest and your elbows point up and out. During the whole exercise, the weights should be kept lower than your elbows. Lower back down and repeat 11 times. Do two sets.



The breakthrough to end breakouts.

Introducing new OXY® Clinical. The acne medication clinically shown to give your teen prescription-level results* without a prescription. The secret is our patented, continuous-action technology, which delivers pharmaceutical-grade medication longer. In fact, clinical data shows OXY® Clinical kills acne bacteria as fast as a leading topical prescription acne medication. Plus the gradual-release formula means it is as gentle as it is effective—so it won't overdry skin. You could say it's the breakthrough to end breakouts.

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*OXY® Clinical Clearing Treatment: Acne bacteria reduction comparable to a leading prescription. Data on file, 2010.

hold that serving of pesticides!

Wondering if organic produce is really worth the extra cost? The short answer: It depends, because fruits and veggies contain varying amounts of pesticides. For a quick reference, the Environmental Working Group recently updated its guide. "Use this to pick and choose what you can afford to eat organic," says Andrea Donsky, a registered holistic nutritionist and cofounder of **NaturallySavvy.com**.

THE DIRTY DOZEN

These are normally loaded with pesticides, so buy organic whenever you can.

1 celery 	2 peaches 	3 strawberries 	4 apples 
5 blueberries (domestic) 	6 nectarines 	7 sweet bell peppers 	8 spinach 
9 cherries 	10 kale/collard greens 	11 potatoes 	12 grapes (imported) 

THE CLEAN 15

Go conventional with these low-in-pesticide fruits and veggies.

- 1 Onions
- 2 Avocado
- 3 Sweet corn (frozen)
- 4 Pineapple
- 5 Mangoes
- 6 Peas (frozen)
- 7 Asparagus
- 8 Kiwi
- 9 Cabbage
- 10 Eggplant
- 11 Cantaloupe (domestic)
- 12 Watermelon
- 13 Grapefruit
- 14 Sweet potatoes
- 15 Honeydew melon



[BRAIN GAME]

stay sharp with WD

Studies show that doing puzzles is one of the best ways to keep your mind engaged and active. This twist on the traditional crossword requires you to fill in each of the 26 empty squares with a different letter of the alphabet (each letter may only be used once). Then go to **womansday.com/answers** or the next issue to see if you solved it correctly.



Your child could be

oneless
 ♀ person affected by HPV disease.



Now you can help protect both your son and daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.


GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.


GARDASIL®
 [Human Papillomavirus Quadrivalent
 (Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com

1-800-GARDASIL

Talk to your child's doctor today.



Having trouble paying for your Merck medicine? Merck may be able to help. Visit merck.com/merckhelps.

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Patient Information about GARDASIL® (pronounced "gard-Ah-sill")

Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.¹ You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?

GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
 - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
 - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
 - GARDASIL does not treat HPV infection.
 - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?

You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?

Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?

GARDASIL is a shot that is usually given in the arm muscle.

You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

Can other vaccines and medications be given at the same time as GARDASIL?

GARDASIL can be given at the same time as RECOMBIVAX HB^{®1} [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

What are the possible side effects of GARDASIL?

The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?

The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

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GARDEN PARTY

A Celebrity Decorator
Throws A Backyard Bash

HAPPY FEET

The Most Stylish
Comfortable Shoes

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Glo's Head-to-Toe
Sunscreen Guide

hair HIGHLIGHTS

The Best Celebrity
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sidewalk STYLE

See Real Women
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Street Smarts

SHE'S GOTTA HAVE IT

Our Daily Must-Have

MEN WILL BE BOYS

Is He Young At Heart —
Or In Arrested
Development?

Photo: Stefanie Keenan



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A SLEEP PROBLEM... AT HER AGE?

Many kids will occasionally toss and turn or wake up during the night thanks to a nightmare or school-related stress, but these issues are usually short-lived, says Robert Beckerman, MD, section chief of pediatric pulmonary and sleep medicine at Children's Mercy Hospitals and Clinics. So what might signal a more serious problem?

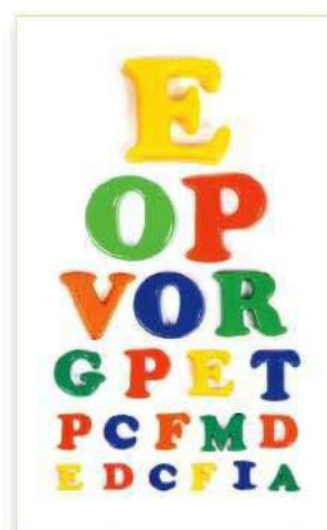
- **Frequent snoring** If your child sounds like a buzz saw, she's probably not getting enough deep sleep, so she's likely to feel unrested or grumpy. The most common causes: allergies or enlarged adenoids or tonsils. Some snorers may be suffering from sleep apnea, in which the airway periodically closes during the night.
- **Night terrors** A child having night terrors will start screaming while she's still asleep—and if you go in to comfort her, she probably won't be consoled, because she's technically still sleeping, says Dr. Beckerman. Night terrors are caused by abrupt arousal from the deepest stages of sleep. If your child is having them several times a week, you'll want to consult a pediatrician who specializes in sleep disorders.
- **Restless legs** Kicking and punching a lot during sleep could mean restless legs syndrome, especially if your child also complains of odd sensations (like something is crawling on her legs) right before bedtime, says Dr. Beckerman. The condition in kids is sometimes caused by an iron deficiency.

TALK, AND TALK AGAIN

Worried your teen will abuse cough syrup or other meds? Have a chat—and then have it again. Kids who have ongoing conversations with parents about drug abuse are 50 percent less likely to abuse medicines, according to the National Association of School Nurses.

Q. It seems like so many kids are being treated for lazy eye. Is it on the rise?

A. Eye muscle problems—including amblyopia (lazy eye, or a reduced sharpness in one eye that's not fully correctable with glasses) and strabismus (crossed eyes or a wandering eye)—are the most common medical eye problems in children. There's no proof that they're on the rise, but hopefully we're catching more cases earlier. Lazy eye in



particular needs to be treated before age 9 for best results. That's why I encourage parents to get their kids screened early and often. Your pediatrician should do at least one vision screening between ages 3 and 5. Make sure he has the child cover one eye at a time when reading from an eye chart; that's the only way to detect certain eye problems. (If there's a family history of lazy or wandering eyes, consider seeing an ophthalmologist.) Ideally, everyone would be screened several more times before age 9, so if your child isn't tested at school, ask her doctor to check her eyes during a physical.

Mary Louise Collins, MD, correspondent for the American Academy of Ophthalmology



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{CRISIS} obesity in america

Weighing too much is fast becoming one of our most pressing health problems. More than two-thirds of American adults are now overweight or obese, and in the past 30 years the obesity rate has doubled. Even scarier: Research has linked obesity to at least 20 chronic diseases. How to get this troubling trend under control? There are no easy answers, but there is hope. For this special report, we've gathered personal stories and delved into the research to shed some light on what's behind the gain and how it affects all of us.

the struggle to lose

Three women share their personal perspectives



BLOGGER Cammy Chapel
(tippytoediet.com),
52, Memphis, TN

IN MY SHOES

"We don't have anything that will fit you here. *Your* sizes are somewhere else." It's been 20 years and those words—spoken loudly and rudely by a clerk in a high-end department store—still sting. Never mind that I was looking for something for a friend. I hadn't even asked for help; she just saw me and decided I had no business shopping there. Believe me, I wanted nothing more than to be somewhere, *anywhere* else at that moment to escape the shame and embarrassment as other shoppers turned to look at me, the woman who was too large for that department.

Comments like that—not to mention muffled snickering and offensive gestures—are pretty typical when you're 100 pounds overweight. But my thick waistline didn't equate to thick skin, and I hated knowing that those people assumed I was lazy or undisciplined or apathetic. When I finally committed to losing the weight, my main motivation was better health. But I also wanted others to see the strong, capable person I really was.

Now I've lost those 100 pounds and kept them off for over a year. I eat healthy foods (mostly) and I exercise six days a week. I thought that once I slimmed down I'd escape the harsh judgments of others, but that's not so. Yes, I'm healthier and more fit than I used to be, but some well-meaning people seem to view me as a formerly overweight person who needs to be monitored. One friend called recently, crowing that he'd "caught" me going to Taco Bell for lunch. "Sorry to spoil your party," I told him, "but that wasn't me." I'll spare you all the back-and-forth that followed. I finally figured out that he'd seen me turning into my gym, which happens to share a parking lot with Taco Bell.

Although my first instinct was to get upset about his mistake, I really couldn't. After all, now I, too, have a habit of judging others: I silently criticize the woman at the gym who rests too long between sets, and I scrutinize the grocery carts of fellow shoppers to see if they're buying a lot of cookies, chips or soda. Without knowing anything about these people, I apply my newfound standards to their actions and find them lacking. I don't know why I do it, though it does seem like playing judge has become a national pastime (just look at the popularity of reality TV featuring panels of judges deciding who goes or stays). Regardless, I'm trying to stop.

Whenever I catch myself jumping to conclusions based on what I think rather than what I know, I'm ashamed. I know how hurtful and demoralizing it is when other people do it to me, and the idea that I could be inflicting those feelings on other people feels even worse. They deserve compassion and acceptance, not judgment. Especially when the person doing the judging is far from perfect herself.

FEEDING MY EMOTIONS

I was sitting against the plush black leather of the limousine as it carried me away from the grave of my 2-year-old son, Joshua, who had been killed days earlier after being struck by a pickup truck. Yet all I could think about was food. With bitter tears running down my cheeks, I closed my eyes and pictured the platters of roast beef, creamy mashed potatoes and assorted pastries that my friends had lovingly set out at the wake. I imagined piling my plate with as much food as possible and swallowing all of it, pushing the pain down as far as it would go. The more I thought about food, the less I thought about seeing those precious brown eyes of Joshua's closed forever.

Some people cope with the loss of a child by turning to alcohol or drugs. My drug of choice was food. When Joshua died, I was 40 or 50 pounds overweight. In the 20 years since, I have "comforted" myself to nearly 400 pounds.

Believe me, I've tried to lose the weight. I've been on countless diets, at times subsisting on little but grapefruit or cabbage. I've tried pills and liquid diets. I've taken laxatives and have tried starving and purging. Every time I lost and regained I felt like more of a failure.

My struggle with weight has been compounded by a society that sees the obese as something akin to lepers. We're viewed as hideous, stupid, ignorant, loathsome and worst of all, worthless. There are laws that prevent discriminating against minorities and the disabled; there are no advocates for the obese. I've been passed over for jobs due to my weight, and my insurance company specifically excludes any treatment for obesity.

Of course, all the discrimination takes a toll. I've spent the last three years mostly indoors, hiding from the world, and at times my self-

esteem has been nonexistent. At one point, I became so depressed that I contemplated committing suicide.

The day I realized that I wanted to live and discard the shroud that I had used as protection against the pain of losing my son came a few months ago, when I broke a toilet seat because I was so obese. For the first time in years I looked at myself in the mirror and saw a person—not just a huge mound of flesh, but a real woman who was so guilt-ridden about not being able to save her son that she didn't think she was worthy of making the changes necessary to save herself.

So I'm finally committed to doing what it takes to start losing the weight. The moment that toilet seat cracked was when my hard shell of self-loathing cracked as well.



BLOGGER Audrey Holden
(iambarkingmad.com),
41, Saratoga Springs, NY

TRY, TRY AGAIN

When I was 7 years old, the pediatrician told my mom to put me on a diet. She wasn't surprised—I weighed 146 pounds and wore the same size clothes as my older sister, who was in her 20s. Of course I had been eating all the wrong things, but in our house we never had any rules about food. On the way home from the checkup I started crying, so my mom stopped to get me an ice cream cone to make me feel better.

That mixed message was repeated for most of my childhood. One moment my mom would chastise me for being too fat and insist that I eat a salad while the rest of the family was having fast food. But there were plenty of other times when she would let me eat whatever I wanted. She had her own problems with food; today she's over 300 pounds.

Around the time I turned 12, I started making a (Please turn to 82)



BLOGGER Hollie Johnson
(skinnyhollie.com),
34, Nashville, TN

THE STRUGGLE TO LOSE

CONTINUED genuine effort to lose weight. I weighed 200 pounds, which got me invited to an after-school program for overweight kids. We learned some exercises and how to shop for food. Soon I started experimenting with a slew of diets, a pattern that extended for years. I tried every diet imaginable, but nothing worked. I always felt deprived, so I'd give up.

Today I have more than 140 pounds to lose. But I am more optimistic than ever, because I've given up quick fixes. About a year ago a friend encouraged me to think about how particular foods benefit my body, and something clicked. I realized it wasn't just about avoiding fattening foods but more about *choosing* foods to keep me healthy. I want to avoid the problems that my mom started experiencing in her 40s, like diabetes and heart disease.

I'm not following any "plan," but I'm eating fresh, whole foods. I drink water instead of soda, and I'm logging lots of time on the elliptical machine (even though I hate exercise). But it's not easy: I'm a single mom, a graduate student and a new teacher, so time is tight. When you have three children demanding dinner, forgetting to defrost a chicken can spell disaster.

To keep on track, I'm thinking of dieting as a part-time job. When I have to punch a clock at a certain time in order to get paid, you'd better believe I take it seriously! Preparing healthy foods and making time to exercise has to be equally nonnegotiable. I started scheduling gym time as I would a meeting; when my phone beeps, I have to go. And when I'm tempted to skip packing lunch, I tell myself that's not an option: It's my job to keep myself and my kids healthy. Sure, it's a job that will never make me rich, but the benefits of good health are priceless.

our biggest health threat

What's making us all gain so much weight and what we can do about it

by Sara Reistad-Long

Take a look around and it's quickly obvious that too many of us weigh too much. Being obese may mean getting turned away from an amusement park ride or buying an extra seat on a plane, but perhaps more important, it endangers your health: Obesity is a risk factor for four of the six leading causes of death in the U.S.

But what's really alarming is that it's no longer an anomaly. Between 1960 and 1980, the U.S. obesity rate held steady at 15 percent—but since then the numbers have spiked. Some studies show that if this trend continues, over 40 percent of us will be obese by 2018. The question is, why?

"We're not just turning into a nation of people with slow metabolisms," says Lawrence Cheskin, MD, FACP, director of the Johns Hopkins Weight Management Center. Plenty of activists blame the food industry; unhealthy options are all around us and cheaper than ever. Other experts point to broader causes, from our sedentary lifestyles to how we think about food.

"However you look at it, we've created a perfect storm of bad influences," says David Ludwig, MD, PhD, director of the Optimal Weight for Life Program at Children's Hospital in Boston and author of *Ending the Food Fight*.

Luckily, as researchers uncover more and more about what these factors are and how they work together, they're developing powerful strategies to counteract what's contributing to our growing waistlines. Read on to find out how you can not only beat the scale but also help America beat the obesity epidemic.

(Please turn to 84)



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be well report

{THE PROBLEM}

**we eat more
than we burn**

One thing we know for sure: If you consume more calories than you burn off, you're going to gain weight. "Time was, people would come home from a long day of work having burned through a lot of calories, be it through manual labor or even just getting from one place to another," says Dr. Cheskin. "Now, we're mostly coming back from sitting at a desk in an office,

body is programmed to want to store energy. Account for this (and keep yourself from raiding the cookie jar) by planning healthy, small pre- and post-workout snacks, and figuring them into your overall daily caloric intake.

{THE PROBLEM}

**we're easily
influenced**

Obesity may not be a virus in the traditional sense, but, according to a landmark study in *The New England*

**Eating just 100 fewer
calories a day is enough
to curb weight gain in 90
percent of the population.**

having done things like drive a car and travel by elevator. We're moving less, but still eating big meals."

WHAT YOU CAN DO: Make your everyday life more active.

Remember that every little thing you do, from tapping your feet to taking the stairs instead of the elevator, burns calories, says David Edelson, MD, FACP, founder and director of **Thin-site.com**.

Researchers believe that when we don't move for hours on end, our whole metabolism slows down, so even a little motion (like walking to the water cooler) can counteract the effect. Along the same lines, there's data showing that people who are natural fidgeters burn more calories throughout the day.

To maintain a healthy weight, experts recommend getting at least 30 minutes of moderate-intensity exercise (think brisk walking) at least five days a week. But be aware: When you first become more active, you may feel hungrier, because your

Journal of Medicine, it can act like one by spreading through social circles. So if your friends and family are overweight, you're susceptible as well. "We're biologically programmed to take cues from our peers," says Emily Levitan, ScD, assistant professor of public health at the University of Alabama at Birmingham. Some studies show that women will eat as much as 300 calories more when dining with their girlfriends.

The phenomenon doesn't end with our peer group. A recent study from UCLA uncovered a surprising twist in the TV/obesity connection. They found that the more commercials children saw, the heavier they were (watching commercial-free programming had no impact on weight). Seeing people eat huge amounts of, say, sugary cereals onscreen may have the same kind of effect as watching our friends dig into giant portions. An ad for food is also a double

whammy: We're being given the visual stimulus to eat and the time to go get food.

WHAT YOU CAN DO: Choose (and be) good role models.

According to Dr. Ludwig's research, entire families do indeed lose weight when they watch less TV. They also shed pounds when parents eat healthy (the kids mimic them). And countless studies have pointed to the effectiveness of losing weight as part of a group, or even blogging or tweeting about your diet. Feeling accountable to the people who are giving you support makes a big difference in losing.

Thinking about how your habits influence others also makes a difference. "When we alter our habits altruistically—to help our kids, for example—it's easier to do," Dr. Ludwig says. And a recent Stanford study showed that students who started eating more healthfully to help the environment (cutting down on meat to reduce their carbon footprint, for example) fared much better than those who did it just for themselves.

{THE PROBLEM}

food is cheaper than ever, so we're eating more of it

Lack of activity, peer pressure—neither of these things would have this seismic impact were it not for one thing: Food is cheap. "In 1960, many people were spending as much as 24 percent of their income on food. When it's that costly, you're careful about what you buy. Today, many people are spending as little as 6 percent because food has become incredibly inexpensive," says Brian Wansink, PhD, author of *Mindless Eating* and director of the Cornell Food and Brand Lab. In other

words, as the cost of food has plummeted, so has the way we value it. We eat more and are less selective about our choices.

WHAT YOU CAN DO: Scale way back on portions.

After examining every edition of *Joy of Cooking*, Dr. Wansink determined that calories per serving have increased by an average of 35 percent since 1936, when the book was first commercially published. Restaurant portions are believed to have grown by about the same amount. Knowing this is a powerful tool. First, you need to readjust your eye to what healthy portions look like. (Go to womansday.com/cheat for our cheat sheet.) Another eat-less tactic: At home, try eating your meals on smaller plates—a salad plate, for example. Studies show that when people use smaller dishes, they take smaller servings and eat less. When you order an entrée at a restaurant, split it in half. Or get an appetizer instead. Slowly, your stomach will get used to the smaller portions and you'll feel full on less.

{THE PROBLEM}

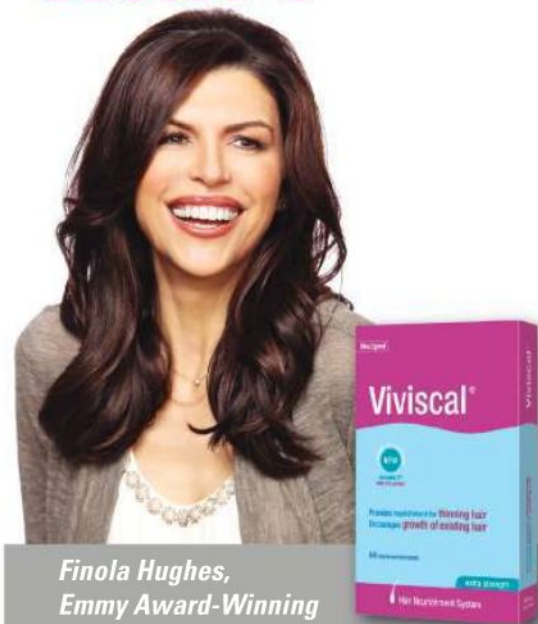
our foods are filled with high-calorie, hunger-driving ingredients

There is, of course, another part to the cheap-food equation. "Our diet has been invaded by high-calorie, poor-quality commodities," says Dr. Ludwig. "Wheat, soybeans and especially corn have been subsidized by the government—so there's an abundance of simple carbs, unhealthy oils, and of course high-fructose corn syrup floating around."

When certain ingredients started flooding the

(Please turn to 86)

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OUR BIGGEST HEALTH THREAT

CONTINUED market at cheap prices, food companies found ways to use them to replace more expensive options. High-fructose corn syrup (HFCS), for example, costs so little that producers will often add liberal amounts of it to foods that, in the past, would have gotten a bare minimum of real sugar. Today you'll find HFCS (and the extra calories it brings) in everything from bread to chicken nuggets. The same thing is happening with soybean oil.

The excess calories and fat these ingredients add is only part of the problem. "Sugars, fats and salt—all the things you get a lot of in packaged foods—don't just taste good; they're believed to drive appetite in a way that's almost primitive," says Dr. Levitan. "In previous generations, fat, sugar and salt were rare. So we have a biological drive to binge on them when we get the chance." In fact,

research supported by the National Institute on Drug Abuse has found similarities between the neural mechanisms underlying compulsive eating and cocaine addiction: People get a taste of these sweeteners and fats and have trouble stopping.

WHAT YOU CAN DO: Satisfy your hunger with nutrient-rich whole foods. Minimize the amount of packaged foods you eat, and when you do choose them, stick with foods that have as short an ingredients list as possible. More ingredients almost always means more processed—particularly if you can't pronounce the names. Not only are packaged foods full of unnecessary additives, they also have few, if any, nutrients. The more a food is refined, the more nutrients it loses.

Research is showing that when we eat empty-calorie foods that don't provide adequate vitamins and minerals, our satiety signals don't get activated—so we keep eating more. The flip side: Fill

your diet with nutritious food, and you'll naturally eat less. Want proof? One Chinese study found that women who were given a daily pill that (unbeknownst to them) contained essential vitamins and minerals ate fewer calories and lost more weight than those who got a placebo.

{THE PROBLEM} we over-diet

Four out of five American dieters regain weight they lose, a fact that's got experts reevaluating our approach to curbing how much we eat. "You could liken traditional diets to telling people to think about breathing; as soon as you do that, the process feels unnatural and hard to do," says Dr. Edelson. Think about it: Most of our strategies have involved some kind of counterproductive deprivation.

In the 1980s, for example, it was all lowfat and low-cholesterol. We later learned that cholesterol-rich foods like eggs and shellfish have a minimal effect on cholesterol in the body. However, huge amounts of pasta and similar carbs—what people were eating to compensate for the fat—actually make the liver produce large amounts of triglycerides and excess cholesterol. Similarly, snacking was, for generations, a diet "don't," but we now know that long stretches of time between meals cause the body to go into starvation mode, hoarding fat and calories.

WHAT YOU CAN DO: Find a healthy way of eating that works for you. Most people think of dieting as temporary, says Dr. Wansink. "But we need rules we can stick to for life or we'll cheat or work around them." The one style of eating that time and again results in healthy body weight is a plant-based Mediterranean one, rich in healthy fats like those from (Please turn to 90)



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That's how the fat melts

An active metabolism is the secret for a slim figure. Diets often have unwanted side effects. If the body is in starvation mode, the metabolism slows down, making it hard for the body to lose weight. This starts a vicious cycle. You can achieve weight loss goals with the Bikini-Emergency-Plan, losing weight in a fast and healthy way. The Bikini-Emergency-Plan also boosts thermogenesis (heat production), increasing your metabolic rate and causing your body to burn calories faster.



Rudolf Keil
Pharmacist,
Health and Nutrition Counselor

Nutrition experts from the University in Freiburg, Germany tested the effectiveness of several nutrition programs. The diet using the Bikini-Emergency-Plan as a starting program had significantly better results. Participants who lost weight with this program lost more weight in a faster period of time than those who participated in other scientifically approved diets. One participant even lost 20 lbs in only 6 weeks. Within one year, she was able to not only maintain her weight but also lost an additional 14 lbs.

Appropriately, one of the newest perceptions of nutrition science is as follows: **A large amount of weight loss within the first diet phase is the most important prerequisite to stay slim for the longest period possible. The fastest and most efficient way to reach this goal is with a special diet drink. Even the obesity association changed their recommendations as a result of this.**

An important part of the diet plan is a powder made out of soy, milk (probiotic yogurt), and natural, liquid honey. It was developed originally to **activate the metabolism** and was then discovered effective for weight loss. Honey enzymes, protein, microphytochemicals (protective or disease preventive properties) from soy, and yogurt cultures are the most important ingredients of this food item.



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Nutrition experts from the University of Freiburg found out that the powder clearly improved positive effects of a diet. The metabolism and the "slimness" hormones insulin and leptin develop faster and better using the powder compared to a diet without it. That's why the product is safe and **effective for people with diabetes**. Due to these results that are even surprising to the experts, the American International Journal of Obesity published an article.

The food item is called Almased®. For more information on Almased call toll-free at **1-877-ALMASED** (1-877-256-2733) or visit **www.almased.com**.

By the way: I take Almased every morning as a fitness drink. I have been feeling clearly better and more energetic ever since. My customers confirm this effect over and over again.

To your better health,
Rudolf Keil

WHAT DIET FITS YOUR LIFESTYLE BEST?

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Specific diets often encourage following selected recipes. An Almased shake in conjunction with these recipes ensures even more success and positive feelings. The metabolism activator goes well with every diet.

2 POWER DINNER CANCELING

Power Dinner Canceling is a very popular diet version of healthy weight loss. You replace your dinner and one additional meal per day with an Almased shake.

3 FASTING

People who want to lose weight fast can achieve this goal with protein modified fasting. Especially effective for this type of fasting is the first phase of the Bikini-Emergency-Plan.

4 LOSE WEIGHT WHILE SLEEPING

A terrific anti-aging method! While sleeping, your body regenerates itself from daily harmful effects, such as work, free radicals or stress. Your body burns most of the fat overnight... but only if you have special building blocks and vital nutrients available for your body. **Therefore: A shake with 50 grams of Almased consumed between 6 and 7 pm ensures a restful sleep. You feel awake and in a good mood the next morning. Everyone can perform this immediate and simple test: Sleep well.**

My Bikini-Emergency-Plan at a glance

...works for each season!

FIRST WEEK

Morning-Noon-Evening

In the first week, replace all 3 meals with 8 tablespoons of Almased for each meal. Drink vegetable broth along with this diet, as much as you like.



SECOND WEEK AND BEYOND

Morning

8 tablespoons of Almased (50 g) in low-fat milk and 1 teaspoon of cinnamon or unsweetened cocoa powder, if desired



Noon

Vegetables and salad with lean meat or fish



Evening

8 tablespoons of Almased (50 g) in low-fat milk and 1 teaspoon of cinnamon or unsweetened cocoa powder, if desired



RECIPE TIP

Delicious vegetable broth

Cut up 1 pound (approx. 500g) of different fresh vegetables (e.g. broccoli, leek, potatoes, tomatoes, onions, beans, turnip cabbage, spinach, peas, cabbage, and bellpeppers) in small pieces and sauté lightly. Cook until soft in approx. 4 pints (2 liters) of water in pressure cooker or regular pot (increased cooking time). Pour the cooked vegetable broth through a strainer, filter out the solid pieces, and only drink the liquid.



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Almased, the metabolism activator, is available in health food stores and also in select GNC stores. **Check your local health food store for availability.**

IMPORTANT!

In addition, drink plenty of water (approx. 8-10 cups a day), if possible rich in minerals. The more you drink, the faster you will lose weight.

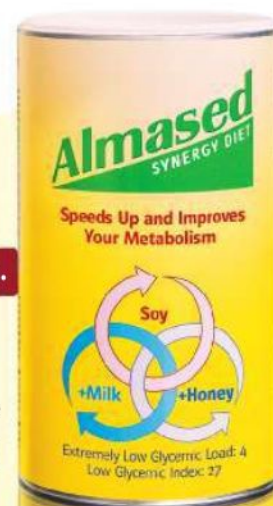


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The specific diet plan is underneath the lid of the can – along with contact information for nutritional advice.



When Tensions Mount

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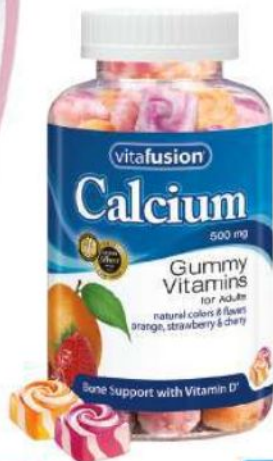
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Cold Sores? Canker Sores?

LipClear Lysine+ ointment cuts cold sore healing time in half. Canker Cover patch heals most canker sores in just one day. These clinically proven treatments are available at CVS, Rite Aid and Walgreens. Store finder/coupons: LipClear.com; CankerCover.com. Free trial sample 1-800-448-1448.

OUR BIGGEST HEALTH THREAT CONTINUED avocados, nut and olive oils, fruits and vegetables, whole grains, nuts and lean proteins. Globally, countries whose populations eat this way have lower rates of obesity and heart disease than other parts of the world. And just this past spring, the *Journal of Women's Health* reported that 80 percent of American women who used this approach lost more than 5 percent of their weight compared with 31 percent of women following a lowfat diet. Experts believe that the balanced nutrition it provides satisfies our system so we're not left with such strong cravings.

{THE PROBLEM}

eating when we're stressed, depressed or on the go has become the norm

"When we're stressed, we turn to food to feel better, which is a double whammy because the physical effects of stress, such as increased levels of cortisol, tend to cause weight gain," says Dr. Edelson. Perhaps, adds Dr. Cheskin, this is because as a society, the way we eat these days is quite different from the way most of us did growing up. "We eat more frequently by ourselves now, whereas before, meals were a structured occasion." We still associate food with love, safety, and comfort—but believe it or not, recent research shows that just 38 percent of Americans eat dinner with their families more than three times a week.

WHAT YOU CAN DO: Put some time and effort into eating and tune in to your hunger.

It takes about 20 minutes for the "I'm full" signal to get from the stomach to the brain. During a sit-down meal, where the chewing is interrupted by conversation (and we're ideally surrounded by others who are eating healthfully), that's plenty of time for our brains to get the message so we stop eating. But alone, on the go or in front of the TV, it's all too easy to polish off an entire bowl of mac and cheese before that message has time to get where it's going. And when we're stressed or depressed or anxious, that's exactly what many of us are likely to do. Experts estimate that 75 percent of overeating is caused by emotions. And data from the Eating Disorders Program at the University of North Carolina found that stress, loneliness, anxiety, anger, guilt, sadness, even boredom are all connected to overeating.

"We're all in this obesity problem together," says Dr. Ludwig. "The best thing you can do is get together and cook with your loved ones. Preparing meals together not only lowers the cost, it also turns food back into something special and worth savoring slowly."

(Please turn to 92)

WHAT THE NUMBERS MEAN

What the scale says is only one number that medical experts use to determine whether your weight is healthy. Body mass index, or BMI, measures total body fat by factoring in how much you weigh relative to your height. A BMI of 18.5 to 24.9 is healthy, 25 to 29.9 is overweight and 30 or higher is obese (calculate yours at womansday.com/BMI).

When evaluating your risk for conditions including heart disease and diabetes, experts also take your waist measurement into account. It's an indicator of abdominal fat, the most dangerous kind. For women, a waist circumference greater than 35 inches is considered a health risk; for men it's greater than 40 inches.

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We're on a Treasure Hunt for the most delicious and nutritious recipes using Naturade Total Soy. Discover the versatility of Total Soy when you experiment with new recipes for shakes, desserts, snacks and meals! Substitute existing ingredients, or make up your very own signature delicacies! Then, enter your recipes in our "Best Recipes Contest" for a chance to win a cruise and \$25,000 CASH! Shape up today, ship off tomorrow!

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{SURVEY} weigh

Here's what you really think about people who have extra pounds to lose

Now that you've heard true stories, the research and expert advice, we wanted to add *your* perspective. Do you think that most people who are heavy are simply lazy? When you see plus-size actresses and models, do you cheer—or cringe? To find out, WD teamed up with AOL Health (aolhealth.com) and asked you to share your attitudes about obesity. Here's what you had to say.

● when I see an extremely overweight person:

I think she's probably unhealthy and/or unhappy. **66%**
 I can't stop staring. **6%**
 I think, "Good for her!" She's comfortable with who she is. **5%**
 It's none of my business. **23%**

● **40%** of you said you are significantly overweight.

● off the couch!

Most overweight women are that way because:

Their genes are to blame. **12%**
 They're lazy/lack willpower. **43%**
 They're not well-educated about nutrition and fitness. **28%**
 They have a medical condition. **4%**
 They have an eating disorder. **13%**
 (You were even tougher on overweight guys: **61%** said that laziness/lack of willpower is their main culprit.)

● staying svelte: not so simple

When it comes to losing, 45% said "It takes some dedication, but it's not too hard."

the reality: It's easy to gain—and hard to lose. Though some dieters are very successful, most don't keep much off. In fact, dieters who followed one popular structured weight-loss program with group support maintained an average loss of only 6 pounds after two years, according to research published in *The Journal of the American Medical Association*. But guidance and encouragement are crucial: The same study found that people who tried to lose on their own were even less likely to keep the pounds off.

ing in...

● do you think that very overweight people should have to pay more for health care?

Yes, they're costing the rest of us money.**39%**
No, that's not fair.**61%**

● can someone be "fit and fat" (healthy yet overweight)?

Yes.**20%**
Yes, but only if you're slightly overweight (not obese).**65%**
No. You can't be healthy if you're overweight.**14%**

Surprise! People who are slightly overweight actually tend to live longer. (A little extra padding may protect you if you become ill during old age and aren't able to eat as much as you normally do, says geriatric medicine expert Leon Flicker, PhD.) However, those who are obese fare worse in terms of longevity and disease risk.

So if you just can't shed those last 5 or 10 pounds, maybe you shouldn't sweat it—but don't let it creep beyond that.

● big women on the big screen

29% said you thought extremely overweight actresses like Gabourey Sidibe (*Precious*) are too fat to be on screen, but **63%** say she still looks good or are at least glad that real women are being represented.

And when you see plus-size models on a billboard or in a magazine ad, **75%** of you think, "Finally, a real woman instead of the typical skinny model." Hard to believe, but models now weigh about 23% less than the average woman.

● blame it on mom and dad

A whopping 60% of you assume it's the parents' fault if a child is heavy.

"While no one should point fingers, it is true that parents who model healthy behaviors have a better chance of helping their kids grow into adults who eat well and are active," says Elisa Zied, RD, author of *Feed Your Family Right!* Her advice: Let kids make some of their own choices, but set rules, such as limiting eating to the kitchen table. (See page 94 for more tips on healthy family eating.)

● spacious skies?

Ever been squished next to a plus-size passenger? One-third of you think he should have to buy a second seat.

Of course, airlines could make seats roomier, but doing so would mean fitting fewer people on a flight (and smaller profits). Though it's hard to feel bad for airlines, the obesity epidemic also costs them more: As Americans have collectively gained weight, airlines have had to spend millions of extra dollars on fuel.

● curves are sexy—on women

69% of you said that a woman can be overweight and sexy, but only **48%** said the same thing about a hefty guy.

● your harshest critic? yourself.

When I step on the scale and realize I've gained a few pounds, I:

Feel like a failure all day.**32%**
Am disappointed but move on quickly.**31%**
Think it's time to start a diet/exercise program.**27%**
Don't care. It's just a number.**4%**
No idea. I never weigh myself.**6%**

WOMAN'S
DAY
SLIMDOWN
WITH
JOY BAUER

LOSING WEIGHT FAMILY-STYLE

Eat to lose without having a totally separate diet from your family's

Trying to slim down is hard enough when the only person you have to answer to is yourself, but if you have a family, there are even more factors to consider, such as their likes and dislikes.

Instead of viewing this as an obstacle, embrace it as an opportunity to teach kids good eating habits that can last them a lifetime. Shift the focus away from weighing less and talk about how much more energetic, strong and healthy you feel when you eat better.

Use your efforts as teachable moments: Take kids through the planning of a meal by bringing them grocery shopping, going on a field trip to a working farm (if you live near one), or picking apples in the fall and berries in the summer, then making healthy recipes from the fruits. If you're really ambitious, consider starting a vegetable garden. (If all you have is a windowsill, you can still grow herbs.) Here I've outlined more key strategies that will not only help you lose weight, but help your whole family eat healthier (and be happy about it!) along the way.

get organized.

Knowing where all your ingredients are saves you time (no more searching for that oregano) and money (no more buying a new jar of oregano when you already have one hiding at the back of a crowded, messy shelf. I speak from experience!). If your kitchen drawers and cabinets are cluttered, check out womansday.com/pantry for some helpful pantry organizing tips and products.

do a master cleanse—of your kitchen.

Throw away expired or unhealthy foods, and restock with healthier items. If you don't want to actually chuck food, invite friends and neighbors to a Bon Voyage Party for those hot dogs, chips, cookies and other not-so-healthy fare. When the party wraps, consider it the first birthday for your new, cleaner kitchen.

create a list of must-have items, then stock up!

These are foods that can be made into a simple, nutritious meal when time is short and everyone's hungry. For instance, scrambled eggs and whole-wheat toast with a side of baby carrots and hummus dip can be whipped up (and

cleaned up) very quickly. Just be sure to check your inventory every week or two, and add items to your shopping list if you're running low.

cook with your kids, not just for them.

Even the pickiest little ones tend to like food they've helped prepare. Make the cooking process fun by assigning special tasks, such as picking a theme for the meal, creating a written menu and placecards (include place settings for favorite stuffed animals and dolls), and decorating the table with items that fit into the theme (like mini Italian flags if you're going Italian-style or leis if you're doing Hawaiian). Just this year, my family has gone to Hawaii, India and the Italian countryside without leaving our home! Remember: The way food looks is key for young kids, so the more "fancy and fun" the table setting and food presentation, the more they'll be inclined to try new things. Older kids are often receptive as well (thanks to shows like *Top Chef*, cooking has become cool). Assign "dinner duty" to your middle school and high school kids one night each week, from planning to prep. It's a win-win: You get help in the kitchen and quality bonding time while they learn cooking skills that will stick for life! *(Please turn to 97)*

MUST-HAVE FOOD LIST

Fridge

- Skim and 1% lowfat milk; nonfat and lowfat yogurt and cottage cheese
- Eggs and/or egg substitute
- Lowfat cheese (2% reduced-fat chunk, block, shredded and part-skim string)
- Fruit (whole or fruit salad; apples and citrus fruit can keep for a long time)
- Ready-to-eat veggies (baby carrots, celery sticks, etc.)
- Hummus
- Lowfat mayo
- Low-calorie salad dressings
- Nut butter (peanut, almond, soy or sunflower)

Freezer

- Vegetables (preferably in bags so you can pour out the exact amount you want)
- Berries, unsweetened
- Ready-to-cook chicken breasts and tenderloins
- Ground turkey and chicken (at least 90% lean)
- Veggie burgers
- Frozen grapes and sliced bananas
- Frozen 100% fruit pops

Pantry

- 100% whole-wheat pasta and bread
- Brown and wild rice
- A couple of boxes of high-fiber (3+ grams per serving), low-sugar (8 grams or fewer per serving) cereal
- Canned sardines, wild salmon and chunk light tuna
- Canned beans
- Unsalted nuts and seeds (anything goes, from almonds to soy nuts and sunflower seeds)
- Small boxes of raisins

>>JOIN THE SLIMDOWN!

We've teamed up with Joy, America's favorite nutritionist and TODAY show contributor, to create the Woman's Day Slimdown diet challenge. Start losing now at womansday.com/slimdown.

That's where you can follow the four steps of the diet and keep tabs on our Slimdown bloggers as they navigate the highs and lows of their personal weight-loss journeys.

After you've gotten the basics, you can get even more help by going to joybauer.com/womansday. Woman's Day readers who use this promotional link will get two weeks of free additional meal plans, hundreds of slimming recipes, personalized support and more.

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cooking strategies

adapt-a-meal Instead of preparing separate meals for everyone, make something that fits into your weight-loss plan, then make easy tweaks to it for the rest of the family.

for example:

● **lunch** Sandwiches can be made open-face on one slice of bread with lettuce, tomato, onion and crunchy baby carrots on the side (for you) or on 2 slices of bread with cheese and baked chips on the side (for them).

● **dinner** Salads can be topped with low-cal dressing (for you) or full-fat vinaigrette, cheese, dried cranberries and slivered almonds (for them). Turkey meatballs can be served with steamed veggies (for you) or pasta (for them).

● **dessert** can be berries topped with a dollop of vanilla nonfat yogurt or whipped cream (for you) or lowfat ice cream topped with berries (for them).

adapt-a-recipe Choose a few family faves and lighten them up by making substitutions. For instance, my “Chicken Cordon

Bleu” uses Canadian bacon instead of regular bacon, and reduced-fat cheese instead of the full-fat stuff. Use lean ground turkey instead of high-fat beef for burgers, tacos and meatballs. Cut white or sweet potatoes into strips, mist with olive or canola oil and bake in the oven, and...*ta-da*, you get fries with half the calories and fat. Whip up kid-friendly mac and cheese using whole-grain pasta, 2% reduced-fat Cheddar and skim milk. In fact, you can turn pretty much any fatty-sugary-carby-salty meal into a healthier (and delicious!) version.

stretch-a-meal Cook in large quantities and freeze the leftovers. It may take a bit longer to double a recipe, but it'll save you time in the long run. Meals that freeze well include chili, lasagna (use lowfat cheese and ground turkey; add veggies) and soups. My favorite stretch-a-meal ingredient is ground turkey. I use it for tacos, pasta with meat sauce, and a family favorite created by my 15-year-old, Jesse: Mexican Taco Pizza (find the recipe at womansday.com/pizza). wd

JOY'S BOTTOM LINE

● **Plan, plan, plan.** It takes a little effort, but it's always worth it. Not having healthy options on hand (or in mind) makes it easier to give in to temptation and resort to eating something not-so-healthy, especially when you have hungry kids (and/or a husband!) clamoring for food.

● **Frame it as a positive.** Eating healthy is not about eating bland, boring food or about deprivation. As you can see from the meal ideas and food lists I've recommended, healthy eating can be absolutely delicious, and if you

think—and talk—about it that way, your family will, too. Focus on all the yummy foods you're trying to eat more of, and it'll become second nature.

● **Take a deep breath.** Remember to take some time for yourself every day. Even if all you can spare is 5 minutes to do a deep-breathing exercise, it will help you focus on what really matters, and what can slide (one chocolate-chip cookie never ruined a weight-loss plan). Balance—not perfection—is the ultimate goal.



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SO MUCH BOLD FLAVOR, THERE'S NO ROOM FOR SALT.



SAVORY BEEF 'N' BROCCOLI KABOBS

Serves: 4 • Prep Time: 7 min. • Cook Time: 10 min.

Ingredients:

- | | |
|-------------------------------------------------|---------------------------------------------|
| 3 Tbsp. Mrs. Dash® Garlic & Herb Blend | 8, 3-4 inch pieces of broccoli |
| 1 lb. boneless sirloin, cut into 1 ½ inch cubes | 1 medium unpeeled orange, cut into 8 slices |
| | 1 Tbsp. ginger, finely grated |

Directions:

1. Preheat sauté pan, grill plate or grill to medium heat.
2. Thread meat, folded orange slices and broccoli alternately on skewers.
3. Sprinkle with ginger and roll each kabob in half of the Mrs. Dash® Garlic & Herb Blend.
4. Pan cook, grill or broil 4-5 minutes on each side for medium.
5. As meat rests, sprinkle with the remaining Mrs. Dash® Garlic & Herb Blend.

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eat well

..... QUITE THE PEAR

When Homer wrote in his 800 B.C. epic *The Odyssey* that pears are “gifts from the gods,” he wasn’t kidding. Not only are these autumn fruits a mouthwatering blend of tangy and tart, they’re also packed with fiber and vitamin C. Add a little wine, poach, and pears become positively divine. To learn how to make this heavenly treat, please turn the page.



KATE SEARS; FOOD STYLING BY LORI POWELL; PROP STYLING BY GERRI WILLIAMS.

JUICY FRUITS

Of more than 3,000 pear varieties, these six reign supreme.



FORELLE

Snack-size and freckled, this crisp, sweet variety lacks enough flesh to make it worth cooking.



BARTLETT

This ever-popular buttery yellow variety is delicious eaten raw, but falls apart when cooked.



COMICE

Juicy and sweet, this speckled fruit is best eaten fresh (try it with blue cheese).



BOSC

Thick brown shiny skin and crisp flesh make for an elegant dessert or baking pear.



PACKHAM

Fragrant when ripe, this sweet, juicy variety is perfect for eating out of hand.



GREEN ANJOU

A hint of citrus makes this pear a great salad or oatmeal topper.

poached pears

- 1 bottle (750 ml) Riesling wine
- 1 cup sugar
- $\frac{1}{4}$ cup honey
- 3 pieces (1 in. each) peeled fresh ginger
- 4 firm Bosc pears, peeled with stem intact

1. In a 3-qt saucepan, combine wine, sugar, honey and ginger over medium-high heat and bring to a rapid boil.

2. Core pears from the bottom, then slice off underside so they stand up on a plate. Add pears to wine mixture. Reduce heat to medium-low, cover and let simmer 25 to 30 minutes until pears can be easily pierced with the tip of a knife. (Do not overcook or the fruit will fall apart.) Remove the pears to a serving dish, standing them upright, and place in refrigerator to cool.

3. Return wine mixture to a light boil and cook for 20 to 25 minutes more or until liquid is reduced to 1 cup. Discard ginger pieces and serve at room temperature with pears.

▼ **To poach in red wine:** Follow directions as above, but replace the white wine with merlot, and the ginger and honey with 2 cinnamon sticks, 6 cloves and 2 strips (4 in. each) of orange peel. Once pears are poached and liquid is reduced, remove cinnamon, cloves and orange peel before serving.



pick the perfect pear

Since pears bruise easily and ripen better off the tree, growers ship them firm and unripe to supermarkets. Look for unblemished skins and intact stems. To ripen pears at home, set them on your counter for 3 to 5 days. Or speed the process by placing them in a brown paper bag, checking the progress each day by gently pressing your thumb near the stems. When they're slightly soft, they're ripe. Can't eat them right away? Store them in the refrigerator for up to 5 days.



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CHICKEN | TO THE | RESCUE

PHOTOGRAPHS BY KATE SEARS

There's a reason why so many of us happily say, "Tastes like chicken!" when we're trying a new food. Few proteins are such **crowd-pleasers**—and so versatile. Maybe that's why Americans each consume an average of 90 pounds of the stuff each year. **(Not that we're counting chickens.)** So when you're in an, ahem, **fowl mood**, consult this guide to everything chicken—**the parts, the labels, the cooking methods** and, best of all, five recipes that'll have your family **flocking to the table**.



chicken
with
creamy
mustard
sauce
page 106

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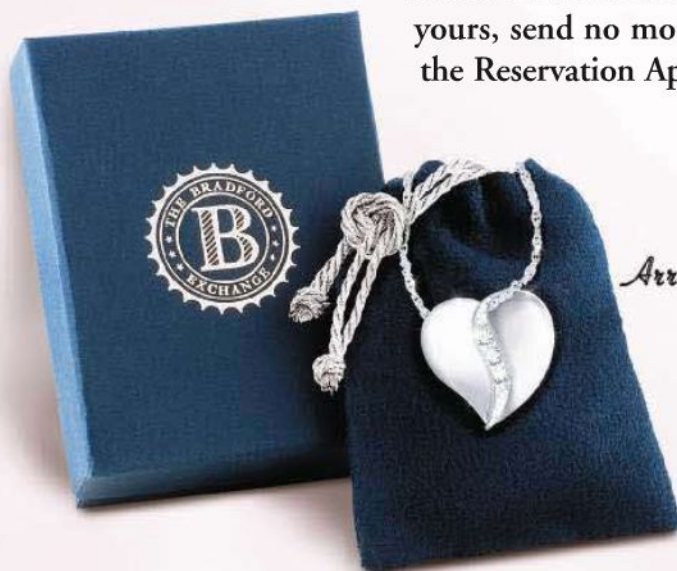
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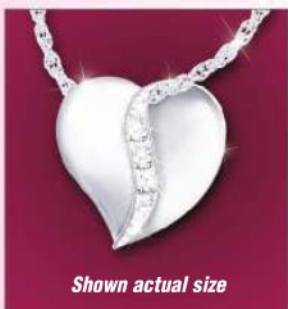
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PICKING A PART

Your bird's-eye view of chicken parts and how to cook them

● **BREAST** The white-meat midsection is sold in three cuts: halved split breasts (sold boneless and skinless or with bone and skin on); boneless, skinless cutlets (pounded thin, so they cook quickly); and tenderloins (strips taken from the

muscle portion).

Best for: Broiling or grilling (split breasts); panfrying, broiling or sautéing (cutlets and tenderloins).

● **THIGH** Sold with or without the bone, this dark meat is more flavorful than white meat

and is very juicy, which makes it difficult to overcook.

Best for: Broiling, roasting, grilling or braising.

● **DRUMSTICK** May be sold with the thigh attached as a "leg." Contains more fat and muscle; the darkest

meat on the bird.

Best for: Roasting, braising or grilling.

● **WING** The boniest part of the bird; the wing's white meat is covered in thick skin.

Best for: Roasting, broiling, frying or grilling.

1 | SAUTÉ IT

chicken with creamy mustard sauce

SERVES 4

ACTIVE: 5 MIN TOTAL: 17 MIN

- 2 Tbsp flour
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground pepper
- 4 boneless, skinless chicken breasts (about 5 oz each)
- 2 tsp olive oil
- 1/4 cup dry white wine or chicken broth
- 1/4 cup chopped shallots
- 1/2 cup heavy cream
- 1/4 cup water
- 1 1/2 Tbsp Dijon mustard
- 1 tsp dried tarragon

1. Mix flour, salt and pepper on a sheet of wax paper. Press chicken into mixture to coat.

2. Heat oil in a large nonstick skillet. Add chicken and cook 7 to 9 minutes, turning once, until browned and cooked through. Remove to a plate.

3. Add wine and shallots to skillet; cook 1 minute or until shallots are almost tender. Add cream, water, mustard and tarragon; cook, stirring occasionally, about 2 minutes or until sauce thickens slightly and shallots are tender.

4. Pour any accumulated chicken juices from plate with chicken into sauce; season with additional pepper to taste if desired. Spoon over chicken.

Per serving: 314 cal, 31 g pro, 7 g car, 0 g fiber, 17 g fat (8 g sat fat), 132 mg chol, 555 mg sod

2 | GRILL IT

molasses & balsamic chicken

SERVES 4

ACTIVE: 10 MIN TOTAL: 1 HR 35 MIN
(INCLUDES MARINATING)

- 1/2 cup molasses
- 1/2 cup balsamic vinegar
- 1 tsp grated orange zest
- 4 each chicken drumsticks and thighs (2 1/2 lb), skin removed
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground pepper

1. Mix molasses, vinegar and orange zest in a small bowl until blended. Pour 1/4 cup into a 1-gallon zip-top bag. Add chicken; seal bag and turn to coat. Refrigerate at least 1 hour.

2. Meanwhile, in a 1-qt saucepan, simmer remaining molasses mixture 5 minutes or until slightly thickened.

3. Heat outdoor grill or grill pan. Place chicken on tray and sprinkle both sides with salt and pepper; discard bag and its contents. (Tip: Line the tray with foil before adding chicken; when chicken is done, just discard the foil and you have a clean serving tray.)

4. Grill chicken 20 minutes, turning with tongs as needed. Brush with some of the thickened molasses mixture; grill 5 minutes more or until instant-read thermometer inserted in center registers 160°F. Serve chicken drizzled with remaining molasses mixture. ►

Per serving: 388 cal, 35 g pro, 36 g car, 0 g fiber, 11 g fat (3 g sat fat), 119 mg chol, 379 mg sod



molasses
& balsamic
chicken



3 | BROIL IT

tandoori chicken ♥ SERVES 4

ACTIVE: 5 MIN TOTAL: 45 MIN
(INCLUDES MARINATING)

- 1 cup plain lowfat yogurt
- 1½ tsp grated fresh ginger
- 1 tsp each paprika, garam masala and minced garlic
- ½ tsp kosher salt
- 4 boneless, skinless chicken breasts (about 5 oz each)
- 2 Tbsp chopped cilantro or mint

1. Mix yogurt, ginger, paprika, garam masala, garlic and salt in a medium bowl until blended. Scrape ¾ cup into a 1-gallon zip-top bag. Add chicken; seal bag

and turn to coat. Refrigerate at least 30 minutes. Stir cilantro into remaining yogurt mixture and set aside for serving.

2. Meanwhile, heat broiler and line a rimmed baking sheet with nonstick foil.

3. Remove chicken from bag and place on prepared pan (discard bag and its contents). Broil 10 to 12 minutes, turning once, until cooked through.

4. Place chicken on serving plates and drizzle with reserved yogurt mixture. ►

Per serving: 176 cal, 30 g pro, 3 g car, 0 g fiber, 4 g fat (1 g sat fat), 80 mg chol, 211 mg sod



WHAT'S IN A LABEL?

To choose the right chicken for you, know what the words on your bird mean. Here, the U.S. Department of Agriculture's definitions.

● **NATURAL** No artificial ingredients were added during processing, but the chicken may have been fed antibiotics when ill.

● **ORGANIC** Raised in cage-free sheds without antibiotics, the chicken was fed grains grown without synthetic fertilizers or pesticides. No artificial ingredients were used during processing.

● **FREE-RANGE** Ideally, this label indicates that the bird was free to roam and eat various grains. By law, however, this claim doesn't need to be verified, so look for "certified humane," which ensures the living conditions were above federal standards. Still, the chicken may have been given hormones or antibiotics.

● **KOSHER** The bird was raised and killed without pain under rabbinical supervision according to Jewish dietary laws and hand-salted during processing. Hormones or antibiotics may have been used.

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4 ROAST IT

spiced chicken breasts, squash & apples

SERVES 4 ACTIVE: 10 MIN TOTAL: 45 MIN

- 4 chicken breasts (with skin and bone, about 2½ lb)
 - 4 cups (1½- to 2-in. chunks) butternut squash
 - 1 large red onion, cut into 12 wedges
 - 1 large Gala apple, cored, cut into 8 wedges
 - 4 tsp olive oil
 - 1 Tbsp curry powder
 - 1 tsp each cinnamon and kosher salt
- Garnish: snipped chives or chopped cilantro

1. Position oven racks to divide oven into thirds. Heat oven to 450°F. Line two rimmed baking pans with foil.

2. Place half the chicken, vegetables and apple wedges on each pan. Drizzle 2 tsp oil over each; toss to coat.

3. In a small cup, mix curry powder, cinnamon and salt; sprinkle evenly over both pans. Toss to coat.

4. Roast 15 minutes; toss vegetables and apple and turn chicken. Roast 15 to 20 minutes more until chicken is cooked through and vegetables are tender. Sprinkle with chives or cilantro if desired. ►

Per serving: 463 cal, 51 g pro, 25 g car, 6 g fiber, 18 g fat (4 g sat fat), 139 mg chol, 607 mg sod

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5 | BRAISE IT

chicken osso buco

SERVES 4 ACTIVE: 25 MIN TOTAL: 55 MIN

1/4 cup all-purpose flour	broth
4 each chicken drumsticks and thighs (2 1/2 lb), skin removed	1 can (14.5 oz) diced tomatoes, drained
2 tsp olive oil	1 1/2 tsp chopped fresh rosemary or 1/2 tsp dried rosemary
1 large onion, chopped	1/2 tsp kosher salt
2 medium carrots, halved and sliced	1/4 tsp freshly ground pepper
1 small bulb fennel, chopped, or 2 medium stalks celery, sliced	Gremolata
2 tsp minced garlic	1/4 cup chopped parsley
3/4 cup dry white wine	1 Tbsp grated lemon zest
1 can (14.5 oz) chicken	1 tsp minced garlic

1. Heat oven to 325°F. Place flour in a 1-gallon zip-top bag; add chicken pieces and shake to coat. Heat oil in a 12-in. straight-sided ovenproof skillet over medium-high heat. Add chicken; cook 8 minutes, turning once, until nicely browned. (A 5-qt Dutch oven can be used, but you'll need to brown chicken in batches.) Remove chicken to plate.

2. Add onion, carrots, fennel and garlic to drippings in skillet; cover and cook 5 minutes or until tender and browned, stirring occasionally. Stir in wine, scraping pan to loosen browned bits. Add chicken broth, tomatoes, rosemary, salt and pepper; simmer 4 minutes.

3. Return chicken to pan, cover and bake 30 minutes until chicken is cooked through and tender. Meanwhile, mix gremolata ingredients in small bowl. Sprinkle chicken with gremolata; serve with cooked orzo, if desired. **wd**

Per serving: 314 cal, 36 g pro, 21 g car, 4 g fiber, 9 g fat (2 g sat fat), 129 mg chol, 816 mg sod

THE LOWDOWN ON CHICKEN SAFETY

Since chicken can carry bacteria that can make you sick, safe poultry practices are crucial.

● **AT THE STORE:** Place chicken packages on the shelf underneath the shopping cart basket so they won't touch and cross-contaminate produce, says Christine M. Bruhn, food safety expert and director of the Center for Consumer Research. Bring a plastic bag, and after you pay, put it over your hand,

grab the chicken, then pull the chicken into the bag. Place it away from ready-to-eat items.

● **WHEN FREEZING:** You can leave it in its packaging for 7 days before freezer burn sets in. Wrap it in plastic if you plan to freeze it up to 6 months.

● **WHEN DEFROSTING:** Put it in the refrigerator the day

before or morning of when you'll be cooking it. (If it gets warmer than 40°F, bacteria could grow.)

● **WHEN COOKING:** Don't rinse chicken before cooking it, says Bruhn. "If it does have salmonella, you'll spread it all over your kitchen sink and on your hands." Place the chicken in its cooking dish, then

wash your hands, countertops and faucet. Scrub the counter with a soapy paper towel and discard. Any bacteria on the meat will be killed by heating it to 165°F (use a meat thermometer).

● **WITH LEFTOVERS:** Cooked parts can be refrigerated for 2 days; a whole cooked bird, 3 days. *Lauren Smith*



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ready when you get home: **big-batch meat ragu**

Prepare this hearty sauce in the morning, serve it over pasta that evening, then freeze the rest for future dinners



MAKES 14 CUPS 

ACTIVE: 20 MIN

TOTAL: 4 TO 6 HR ON HIGH;
9 TO 11 HR ON LOW

- 3 lb meaty pork neck bones
- 1½ lb boneless chuck steak or roast, cut into 2-in. chunks
- 3 cans (28 oz each) crushed tomatoes
- 1 cup dry red wine
- 1 cup diced carrot
- ¼ cup diced celery
- 1 Tbsp minced garlic
- ½ tsp each salt and dried oregano
- 2 Tbsp extra-virgin olive oil

1. Combine all ingredients except olive oil in a 6-qt or larger slow cooker.

2. Cover and cook on high 4 to 6 hours or on low 9 to 11 hours until beef and pork are very tender.

3. Lift beef and pork out of slow cooker with a slotted spoon and place on a large cutting board. When cool enough to handle, remove meat from pork bones (discard bones) and break beef into bite-size chunks; return to slow cooker. Stir in olive oil.

4. Serve over pasta. Cool remaining sauce, then freeze up to 3 months in airtight plastic or glass containers or zip-top freezer bags in desired serving portions. When ready to eat, zap in the microwave.

Per ¾-cup serving: 215 cal, 14 g pro, 10 g car, 3 g fiber, 12 g fat (4 g sat fat), 47 mg chol, 278 mg sod

recipe twists

1 Can't find pork neck bones? Use 2 lb boneless pork shoulder, cut in 2-in. chunks.

2 Add 2 tsp fennel seeds to the slow cooker in step 1.

3 Serve sauce over polenta instead of pasta.

FINISHING TOUCHES

- ▶ Stir in chopped fresh basil.
- ▶ Add hot red pepper flakes for a little heat.
- ▶ Stir in halved oil-cured olives.

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<p>» Go to womansday.com/menus for entrée recipes</p>					<p>1 PASTA WITH BROCCOLI RABE & SAUSAGE Romaine lettuce & tomato salad</p>	<p>2 APPLE-STUFFED CHICKEN Brown rice Steamed green beans</p>
<p>3 GARLIC & ROSEMARY ROAST PORK Roasted new potatoes & baby carrots</p>	<p>4 LOWFAT MEATLESS MONDAY ITALIAN VEGETABLE STEW Mixed green salad Italian bread</p>	<p>5 LOWFAT HOT TURKEY SANDWICH Baby spinach & sliced pear salad</p>	<p>6 MUSTARD-GLAZED SALMON STEAKS Couscous Steamed broccoli</p>	<p>7 LOWFAT SLOW COOKER CHICKEN MINISTRONE WITH PESTO Italian bread</p>	<p>8 PORK STIR-FRY Rice with sliced scallions & sliced almonds</p>	<p>9 ITALIAN ORZO & BEEF STUFFED PEPPERS Mixed green salad</p>



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<p>17 OVEN-ROASTED CHICKEN & ROOT VEGETABLES Baby greens salad</p>	<p>18 MEATLESS MONDAY MACARONI & CHEESE Butter lettuce & grape tomato salad</p>	<p>19 KOREAN BEEF BOK CHOY Brown rice</p>	<p>20 LOWFAT MEXICAN MINI MEAT LOAVES Sautéed sliced zucchini</p>	<p>21 LOWFAT CHICKEN & POTATO PIZZAIOLA Romaine lettuce & red onion salad</p>	<p>22 PECAN-CRUSTED CATFISH Long-grain & wild rice mix Sautéed turnip greens or kale</p>	<p>23 MEDITERRANEAN PASTA WITH TOMATOES & ARUGULA Whole-grain Italian or French bread</p>
<p>24 SLOW COOKER PORK GOULASH Egg noodles</p>	<p>25 LOWFAT MEATLESS MONDAY VEGETABLE CANNELLONI Baby lettuce & cucumber salad</p>	<p>26 ORANGE BBQ DRUMSTICKS & BROCCOLINI Cornbread</p>	<p>27 LOWFAT OREGANO-LEMON MARINATED STEAK Orzo Arugula & cherry tomato salad</p>	<p>28 LOWFAT SKILLET ENCHILADAS SUIZAS Rice</p>	<p>29 SESAME CHICKEN FINGERS WITH DIPPING SAUCE & ONION RICE Steamed green beans</p>	<p>30 SALMON-POTATO SKILLET Romaine lettuce & shredded carrot salad</p>
<p>31 HAPPY HALLOWEEN SPIDERWEB PIZZAS Spinach salad</p>						

THE RAISINETS® ROAD TRIP DIARIES



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When Cranberry and friends set out in pursuit of their next delicious discovery, they learned an important rule of the road—the more, the cherrier! That's right, Cherry is the latest addition to the Raisinets family, and she's infused the group with her own brand of fruitastic fabulousity. Think decadent chocolate, sweet-tart fruit flavor, and antioxidants to boot. You go, girls!

Check out our latest salute to real girls-on-the-go, a tale of road trip survival from *Woman's Day* reader Karen Ward.



Karen Ward,
(back row, second from left)
Advisor, Problem-Solver &
All-Around Road Trip Survivor

ROAD TRIP DIARY #4 OVER THE BORDERLINE

Outrunning Murphy's Law

The saying, "If something can go wrong, it will," may have been coined with my road trip to Montreal in mind. I was headed to an international education conference, the lone chaperone in a rented van full of high school students. Well, trouble seemed to hit from the second I turned the key in the ignition. First, a misplaced birth certificate—a problem since we were traveling to CANADA. Next, a forgotten student who had arrived late and never made it into the van. Then, a forged permission slip, which meant I was unwittingly kidnapping a minor and smuggling her across the border! Throw in full-blown winter weather (we were dressed for early fall), street signs in French, and a student with a steadily rising fever. What was a leadership mission for the students turned out to be a master class in leadership for me (not to mention a crash course in sweet-talking border agents!). Despite the mishaps, we pulled together and I learned that while it's important to be a leader, sometimes it's more fun to work as a team!

FOLLOW THE ADVENTURE Visit youtube.com/raisinets for more fun with

Cherry and friends, plus keep your eyes peeled for the Raisinets roadster in upcoming issues of *Woman's Day*.



cook once, eat twice

In just 20 minutes, you can prepare two family meals—one to serve tonight and one to freeze for later



mexican tortilla lasagnas

MAKES 2, 6 SERVINGS EACH

ACTIVE: 20 MIN TOTAL: ABOUT 1 HR

- 2 lb lean ground beef
- 2 large poblano chile peppers, seeded and diced (2 cups)
- 3 Tbsp chili powder
- 2 cans (14.5 oz each) fire-roasted diced tomatoes with garlic
- 1 can (15¼ oz) corn kernels, drained
- 1 can (10 oz) mild enchilada sauce
- 1 cup chopped cilantro
- 8 burrito-size (8- to 9-in.) flour tortillas
- 8 oz 2% milk Cheddar, shredded

1. Heat oven to 400°F. Coat two 8- to 9-in. (1½- to 2-qt) square or round baking dishes with cooking spray.
2. Put beef and peppers in a deep 12-in. nonstick skillet. Cook over medium-high heat, breaking up chunks of meat with a wooden spoon, 9 minutes or until beef is browned and peppers are crisp-tender.
3. Stir in chili powder; cook 1 minute. Stir in tomatoes, corn and enchilada sauce; bring to a simmer. Remove from heat and stir in cilantro.

4. To assemble each lasagna: Line bottom of each baking dish with 1 tortilla (it may come up the sides of the dish a bit). Top each with a rounded cup of the meat mixture, then ¼ cup of the cheese. Repeat layers 3 times.

5. Cover lasagna you are baking now with nonstick foil. Bake 20 minutes. Meanwhile, cover second lasagna with plastic wrap, then wrap tightly in nonstick foil. Freeze up to 2 months. (When ready to reheat, follow instructions at left.)

6. Uncover lasagna and bake 10 minutes more or until heated through. Remove from oven; cool 5 minutes before cutting.

Per serving: 348 cal, 25 g pro, 32 g car, 4 g fiber, 13 g fat (6 g sat fat), 62 mg chol, 965 mg sod

HOW TO REHEAT

- 1 One to two days before you plan to serve it, place frozen lasagna in refrigerator so it has time to thaw.
- 2 Remove plastic wrap; re-cover with the foil. Bake 50 minutes; uncover and bake 10 minutes more until heated through.

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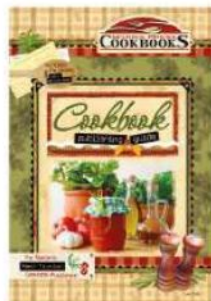
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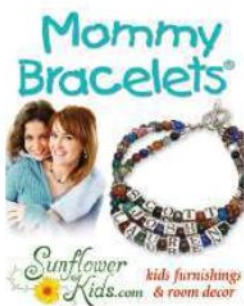
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| <input type="checkbox"/> Child Day Care Management | <input type="checkbox"/> Medical Transcriptionist |
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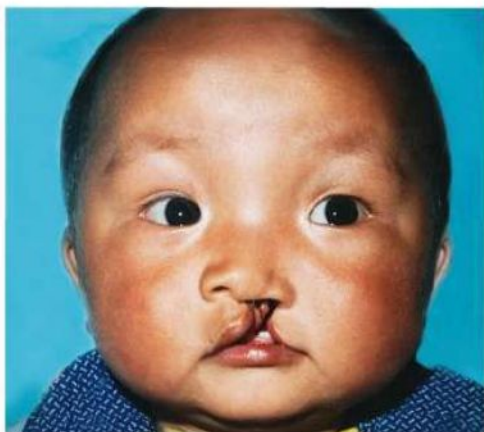
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Ming, 6 months, China



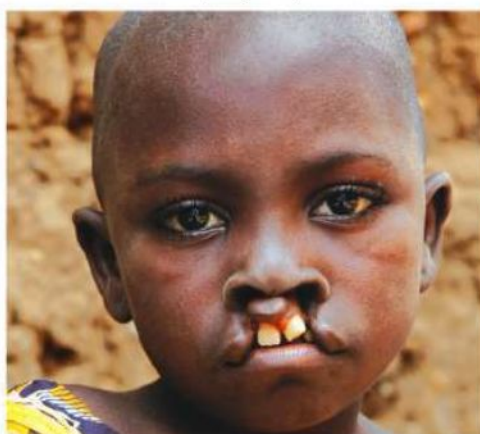
Shiva, 1 year, India



Mot, 13 years, Cambodia



Durgap, 5 years, India



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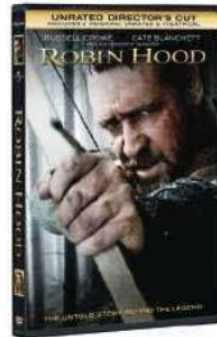
WDdiary

An inside look at *Woman's Day* events, promotions and special offers



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EVERYDAY THINGS YOU
NEED TO KNOW...

iron a buttondown



» did you
know...

Consumers
expect their
dress shirts to
last for only
2.7 years.

Source: Cotton
Incorporated



STEP 1 Spread the collar inside out on the ironing board. Move the iron from the middle of the collar to each collar tip, pressing the steam button as you work. Don't let the iron sit in one spot for longer than a couple of seconds, or the shirt could burn. Turn the collar right side out and repeat.

STEP 2 Place one shoulder of the shirt over the narrow end of the board so that the yoke (the piece of fabric that stretches across the upper back) faces up. Iron that part of the yoke, then repeat on the other shoulder.

STEP 3 Flatten one cuff on the board, smooth out wrinkles with your hand, and iron the inside. Then smooth the sleeve of that arm across the board. While pulling the fabric taut, iron upward from

cuff to shoulder, matching the existing crease in the arm. Spray a bit of water on pesky wrinkles and re-iron. Repeat with the other sleeve.

STEP 4 Lay the shirt on the board so that the buttons are parallel to the edge close to you, the collar is at the narrow end and the rest of the shirt hangs off the board. Smooth the fabric with your hands. Use the tip of the iron to work between buttons, then iron up and down from collar to hem, rotating the shirt toward you as you complete each section.

STEP 5 Hang the shirt on a non-wire hanger (to prevent shoulder creases). Button the two top buttons to help the shirt keep its shape.

Source: Nick Reed, head of buying at Charles Tyrwhitt, British clothier



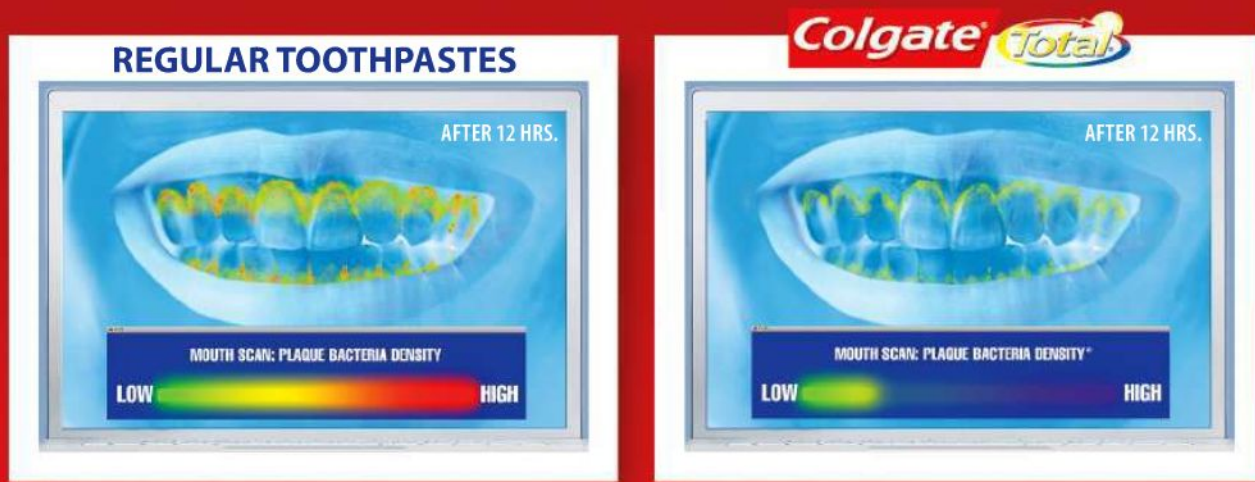
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